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TENNESSEE MODEL HOUSEHOLD GUIDE.

PRACTICAL HELP IN THE HOUSEHOLD.

BY MOLLIE HUGGINS.

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TO EVERY HOUSEHOLD,

NORTH, EAST, SOUTH, AND WEST, THIS BOOK IS

RESPECTFULLY DEDICATED,

WITH BEST WISHES OF

THE AUTHOR.

NOTICE.

A WORD of sincere thanks is extended to all those who have so kindly given me some of their favorite tested receipts. I have endeavored to make the "Model Household Guide" thoroughly practical and economical, so that it will be a *daily* help to all who have it. As a favor I ask of you who have the book, and find it useful, to recommend it to others.

MOLLIE HUGGINS.

PREFACE.

"She looketh well to the ways of her household, and eateth not the bread of idleness." (Prov. xxxi. 27.)

THE natural desire to have everything in order, and to show that one is capable of keeping house as it should be kept, places the inexperienced in most awkward and unpleasant situations. She must of necessity do things the wrong way in order to learn what to avoid—what not to do as well as what to do, and in what order it must be done to prevent disorder and confusion. To make the work possible even in the smallest domestic enterprise, she has to learn by experience that each step must be taken in logical order. The first thing to do is to think out, as far as she can, every domestic undertaking before beginning it—as to what preparations are necessary, what the first thing to do, what the next, what the last, how much time it will take, what it will cost, etc. There are many tasks that are better and more easily done if due time for preparation is allowed. A rule that commends itself is to finish the work on hand without unnecessary diversion to other matters; do the most important thing first, have it finished and out of the way before beginning another.

> One thing at a time, and that done well,
> Is as good a rule as I can tell.

But sometimes one is compelled to divide attention be-

tween several different projects and keep them all in running order at the same time. In getting up a meal one must attend to all the dishes to be served, no matter how many, except some that can be prepared beforehand. It is no small matter to serve a meal just as it should be done. It requires judgment, skill, and patience. Do not let little mistakes and failures discourage you; the best of cooks "spoil the broth" sometimes.

Good housekeeping is a science as well as an art, and is well worthy the time, study, and practice one is compelled to give it in order to master it in all its details. May this book be a help and blessing to every household!

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SOUPS.

THE basis of good soup is broth or stock, made by boiling cracked joints of beef, mutton, veal, etc., in about 1 quart of water. Have the water cold, let it come to a boil slowly, and boil a long time to extract strength from meat. Skim well when it *first* boils up. If for clear soup, strain it. If you cannot get fresh meat, use beef extract and butter, a very good substitute, which can be had at all times. Use vegetables, cut fine; season with pepper, salt, and herbs if desired; also a little rice and broken macaroni. Thickened soup requires more seasoning than thin soup. Soup is as good on second day as on first, if heated to boiling point.

Coloring for Soups.

To color soup brown use a little browned sugar, known as caramel; thicken with browned flour. To color soup green pound a handful of spinach in a mortar, put it in a cloth, and strain out the juice; add it to soup just before taking it up. Parsley and green celery leaves put in soup will also color it green. To color soup red skin 6 tomatoes, squeeze out the seed, cut the tomatoes fine, and add to soup, or only use juice as for spinach. Carrots grated and added to soup give it an amber color. For white soups, made of chicken, veal, or lamb, use only white vegetables, rice, and macaroni.

Browned Flour.

Put flour in a pan on top of stove, stir it constantly to keep it from burning until brown, put it in a box or fruit jar, and keep in a dry, cool place. This should always be kept for soups, gravies, sauces, etc.

Croutons for Soup.

Take thin slices of bread, butter them lightly, and cut into small squares; put in a pan, buttered side up, brown in a quick oven. Serve with soup. Used instead of crackers.

Noodles for Soup.

Beat 2 eggs light, add a pinch of salt and flour enough to make a very stiff dough, roll out very thin, and sprinkle it with flour. Let it stand one hour or more to dry, then roll it up into a tight roll, and, beginning at the end, slice in slips as thin as straws. After all are cut mix them lightly together, with a little flour to keep them from sticking, and drop them into soup just before dinner. Do not let boil too long, or they will come to pieces.

Bouillon.

Cut up the meat and break the bones of 6 pounds of beef and bone, add 3 quarts of cold water, let it simmer slowly four or five hours. Strain it and season with pepper and salt; color brown if you like.

Beef Soup.

Select a small shank of beef, crack the bone, wash and place it in a kettle with 5 or 6 quarts of cold water, let boil, skim well when it first boils up, boil two hours, season with salt and pepper, and boil one

hour longer. Then add vegetables desired, cut fine. When done remove bone and meat and thicken the soup with a little flour. Serve hot. Use other meats the same way.

Gumbo Soup (No. 1).

Cut into small pieces 2 pounds of beef, ½ pound of ham, slice two quarts of okra, and place them together in a pot with 1 quart of cold water; let stew one hour. Then add 1 quart of sliced tomatoes and 2 quarts or more of *boiling* water. Boil three-fourths of an hour longer, skimming it often with a silver spoon. When the ingredients have boiled to pieces, season with 4 tablespoonfuls of butter, Cayenne pepper and salt to taste. You can also use corn and a little minced onion in this soup if desired. Serve hot.

Gumbo Soup (No 2).

One fried chicken, 1 onion, parsley, 1 quart of okra cut up, 1 quart of skinned tomatoes, 1 pint of corn, a few celery leaves. 1½ gallons, boil to ½ gallon. Pepper and salt to taste. Mrs. C. W. McG.

Franklin, Tenn.

Veal Soup.

Put a joint of veal into 3 quarts of cold water, add 1 tablespoonful of rice, a little salt, and let it boil slowly three or four hours. When the liquor is reduced about one-half, remove from the fire. Mix yolk of 1 egg well with 1 cup of cream or milk, put it in tureen, add a small lump of butter, and strain the *hot* soup into this, stirring it well all the time for a few minutes. Serve hot.

Oyster Soup.

Place in a double vessel 1 quart of milk, drain into this the liquor from 2 quarts of fresh oysters, and heat it slowly. When at boiling point, about five minutes before serving, add 2 tablespoonfuls of butter, season with salt and pepper, then add the 2 quarts of fresh oysters, so that they will *just* have time to get good *hot* through. Stir in a few finely crushed crackers, and serve immediately *very hot.* It is a good idea to have soup plates heated.

Chicken Soup.

Cut up a chicken, boil it in 3 quarts of water until all nutriment is extracted, strain it, and put on stove again; add rice, macaroni, or noodles, and season with salt and pepper. Boil it until rice, macaroni, or noodles is done. If soup is not as thick as desired, thicken with a little flour mixed into thin paste with cold water.

Tomato Soup (No. 1).

Place in a kettle 1 quart of soup stock (or hot water), add 1 can of tomatoes, salt, a little red pepper, 1 teaspoonful of sugar, if you like add 1 onion minced fine, and let boil; rub together 1 tablespoonful of flour with 2 tablespoonfuls of butter, mix with a little of the hot soup, and stir into the boiling mixture. Strain it through a fine sieve.

Tomato Soup (No. 2).

Cook 1 can of tomatoes slowly until they can be strained, put a pinch of soda and salt into 1 quart of milk, let it come to a boil, season with pepper, and

butter size of an egg, and then add the strained tomatoes. Put in a few crushed cracker crumbs just before serving. Serve hot.

Corn and Tomato Soup.

Six ears of corn shaved off and scraped, 6 ripe tomatoes peeled and cut fine; place in a stew kettle, add 1 quart of water, salt and pepper to taste. Boil twenty minutes, then add 1 tablespoonful of butter, 1 tablespoonful of corn starch mixed with a little cold water; let it boil two minutes, pour in gradually 1 quart of sweet milk, stir it constantly until it boils up once, and serve. You can use canned corn and tomatoes in winter season. Mrs. J. J. Fleming.

Nashville, Tenn.

Potato Soup.

Boil and mash 6 potatoes, mix with ½ cup of butter; put in a kettle 1 quart of milk, let boil, stir in the potatoes, strain it, and heat again; season with salt and pepper. Beat 1 egg, place it in tureen, and pour the hot soup over it, stirring it all the time. Boil sliced onion with the potatoes if you want the onion flavor.

Bean Soup.

Soak 1 quart of dried beans overnight in lukewarm water, put them on next morning with 2 pounds of salt pork and 3 quarts of water, let boil slowly three hours. Strain it through a colander, heat again, season with salt and pepper. You can use butter to season instead of salt pork if you prefer it.

Green Pea Soup.

Boil 2 quarts of water (or broth), add 1 quart of shelled peas, boil twenty minutes, add ½ teaspoonful of sugar, boil twenty minutes longer, stir in 1 tablespoonful of butter; salt and pepper. Strain it and send to table with croutons floating on top.

Celery Soup.

Cut into small pieces 4 or 5 heads of celery, boil it in 2 quarts of water (or soup stock) until tender, strain it through a sieve, heat again, rub together 1 teaspoonful of flour and 1 tablespoonful of butter, mix with 1 cup of heated cream or milk, and add it to the hot soup, stirring in with great care; let it get hot, but not boil. Thicken with a little more flour if you like. Serve with toasted bread.

Noodle Soup.

Boil a fat hen or piece of beef, break 2 eggs into flour enough to make a stiff dough, roll it *very* thin, let dry for a few minutes, roll it up tightly, cut in shreds, and sprinkle them in the soup.

Mrs. Robert Purdy.

Henderson, Tenn.

FISH.

THE usual way for cooking fish is boiling, steaming, baking, frying, and broiling. They should be *thoroughly* cleaned, washed in cold water, and placed on ice or in a cool place until ready to cook. Large fish are generally boiled or cut up and fried; medium size, baked, boiled, or steamed; smaller kind, fried or broiled.

Sauce for Fish.

Place in a saucepan 1 cup of milk or water (or half and half mixed), heat it, and stir in carefully 2 tablespoonfuls of butter rubbed with 1 tablespoonful of flour; as this thickens stir in beaten yolks of 4 eggs or 2 eggs well beaten, and season with salt and pepper. Also season with either of the following: Parsley, celery, vinegar, chopped pickles, nasturtium seed, or lemon juice, or use without if you prefer.

Stuffing for Fish.

Make a dressing of bread crumbs, 2 tablespoonfuls of minced onion, 1 tablespoonful of butter, a little chopped parsley, 1 beaten egg, pepper, and salt.

Boiled Fish (No. 1).

Lay the fish in cold water, slightly salted, one-half hour before cooking; wipe it dry and stuff it (or not, as you like), sew or tie it up firmly in a floured cloth, place a small plate in bottom of kettle, put the fish in, fill the kettle nearly full of cold water, and

add a little salt; boil one-fourth hour to a pound. When done unwrap the fish carefully, place it upon a dish, being careful not to break it. Have ready 1 cup of drawn butter or fish sauce, very rich, seasoned with juice of 1 lemon and a little minced parsley, and pour one-half of it over the fish. Serve the other from sauce boat. Garnish with sliced egg and parsley.

Boiled Fish (No. 2).

Wash the fish carefully, rub it with salt, and wrap it in a strong cloth and boil, allowing fifteen minutes to each pound for cooking. When done take it out of cloth carefully, so as not to break it, and place on a heated dish. Serve at once with dressing made of the yolks of 3 eggs well beaten, ½ cup of melted butter, ½ cup of sweet milk, 1 cup of vinegar, ½ teaspoonful of mixed mustard, 1 teaspoonful of sugar, ¼ teaspoonful of salt. Boil two or three minutes. Mrs. W. R. Bryan.

Nashville, Tenn.

Steamed Fish.

Prepare as for boiled fish; place on a plate in steamer over cold water, and let come to a boil slowly. Cook longer than when boiled. Garnish and use same sauce as for boiled fish.

Baked Fish.

Wash the fish, wipe it dry, and rub it with pepper and salt; some add a little Cayenne and powdered mace. Stuff the fish (if desired) with mixed dressing, then lay it upon a grating over baking pan or on perforated tin in bottom of pan. Pour over it a little

butter and water, bake as you would a fowl, basting freely with butter and toward the last with its own drippings. Do not let it brown too fast. When done place it upon a hot dish and garnish with bits of celery top, parsley, and slices of lemon. Cover the dish closely. Add to the gravy in the pan 1 tablespoonful of tomato catsup, 1 tablespoonful of flour (browned if you wish) which has been wet with cold water, and juice of 1 lemon; let boil up, and serve from sauce boat, or serve with cream sauce, as made for boiled fish.

Fried Fish.

Cut the fish into slices of convenient size (if small fish, fry whole), wash it in cold water, wipe dry, and rub on salt, black pepper, and Cayenne. Roll it in meal or fine bread crumbs, and fry it in *boiling* hot lard. Cover. When first side is good brown turn and brown the other side same as first. Some dip fish in beaten egg before rolling it in crumbs or meal.

Broiled Fish.

Wash, wipe, and split the fish so that you can lay it flat on the gridiron; sprinkle it with salt and pepper and lay it on buttered gridiron with flesh side downward. When the lower side is brown turn the fish. When done serve upon a hot dish. Lay a piece of butter on each fish or have ready a mixture of 2 tablespoonfuls of melted butter, 1 tablespoonful of lemon juice, a little salt and pepper, and pour it over the hot fish. Serve hot.

Fish Balls.

Codfish is best, when convenient; if not, use any kind of nice fish. Wash and soak it, cut in pieces, boil twenty minutes, turn off the water, put on more water from teakettle, boil until done, and place upon a dish to cool. When cold pick out all bones and skin and mince very fine. Boil some Irish potatoes, mash them into a stiff batter, with a lump of butter, sweet milk, and 1 beaten egg, and season with salt and pepper. Mix minced fish with equal portion of batter, flour your hands, and form the mixture into balls or cakes, drop them into boiling lard, and fry brown. Serve hot. These can be served for breakfast by preparing the balls the day before, and you have only to fry them; or you can use desiccated fish put up in boxes; it is already cooked and prepared. With this fish balls can be made in a short time.

Fish Omelet.

Mince some ready-cooked fish, season it with Cayenne and salt, mix with it 6 or 7 well-beaten eggs, 1 tablespoonful of cream or milk. Pour it into a hot buttered frying pan over fire, fry only on one side, fold it over, and serve hot.

Fish Fritters.

Mince ready-cooked fish and stir into batter made of 1 pint of milk, 4 eggs well beaten, a pinch of salt, 1 heaped teaspoonful of baking powder, in flour enough to make batter thicker than for battercakes. Fry in spoonfuls in boiling hot lard like any fritters. Serve hot.

Salmon Loaf.

Drain off liquor from 2 cans of salmon, mix with it 3 well-beaten eggs, 4 tablespoonfuls of melted butter, 2 cups of bread crumbs, and a little salt and pepper. Put it in a buttered mold or pan, set it in a pan of boiling water inside of stove, and let it steam one hour, filling the pan with water as it boils away. Set it in cold water a minute and turn it into a dish. Serve with sauce for salmon loaf.

Mrs. Frank Overton Watts.

Union City, Tenn.

Salmon Bake.

One large can of salmon carefully picked into small pieces, 1 quart of milk heated to boiling point; into this put ten cents' worth of crackers that have been pulverized, making the pap about the consistency of mush. When almost cool stir into this $\frac{1}{4}$ pound of butter, fill baking dish with alternate layers of the pap and the salmon, commencing and ending with the pap. Bake only until thoroughly hot, as none of the ingredients are raw. Be sure and not cook till dry. Mrs. S. A. C.

Nashville, Tenn.

OYSTERS.

OYSTERS are in season from September to May, so do not use *fresh* oysters in the months that have no "r" in them. Some people use cove oysters at any time of the year. Oysters must be fresh and fat to be good. Use large ones for frying; smaller ones can be used for stews, pies, fritters, etc.

Fried Oysters.

Select for frying the largest and best oysters you can find. Take them carefully from the liquor, lay them in rows upon a clean cloth, and press another cloth lightly upon them to absorb the moisture. Beat 2 or 3 eggs, and in another dish have some finely crushed cracker crumbs. Heat enough butter, or lard and butter mixed, to *cover* the oysters in a frying pan, season the oysters with pepper and salt, and dip each one in beaten egg and into cracker crumbs, rolling it over until entirely covered with a thick coating. Drop them carefully into the hot grease and fry quickly a delicate brown; do not let them lie an instant in frying pan after they are done. Place them on a hot dish and serve dry, crisp, and hot. Some prefer to roll oysters in meal or batter, but they are more crisp with egg and cracker crumbs.

Stewed Oysters.

Drain the liquor from 2 quarts of firm, plump oysters, mix with it 1 small cup of hot water, add salt and pepper, and pour into a saucepan set over

fire. When it comes to a boil have ready 1 large cup of cream or rich milk heated by setting it in another vessel of hot water, add it to liquor, stirring it all the time. Let it get hot, season with salt and pepper, and 2 tablespoonfuls of butter, as soon as it is melted and stirred in, put in the oysters, boil from three to five minutes, *just* long enough to ruffle the oysters, stir in a few crisp cracker crumbs, and serve immediately. Can use all milk, without the water, or cream.

Oyster Fritters.

Drain liquor from oysters, to 1 cup of this add 1 cup of milk, 3 or 4 well-beaten eggs, a little salt, and flour enough to make a thin batter. Chop the oysters or cut in halves, stir them into the batter, and fry in *hot* lard or butter and lard mixed; drop the oyster batter in by tablespoonfuls, fry a nice brown on both sides, and serve hot. Or have batter thicker and leave oysters whole, envelop each oyster in batter, and fry them brown.

Steamed Oysters.

Drain 1 quart or more of nice oysters, place them in a pan in a steamer over *boiling* water, cover and steam just long enough to get *good* hot and ruffle edges of oysters. Place in a heated dish with butter, pepper, and salt, and serve hot. Or get oysters in shells, wash the shells thoroughly, lay them in steamer with the large side of shell downward, place over *boiling* water, steam fifteen or twenty minutes, or until shells open. Season with salt, pepper, and bits of butter; be quick about it, and serve on shells *very hot.*

Broiled Oysters.

Select 1 quart large, fat oysters, wipe them dry, dip each one into melted butter seasoned with salt and Cayenne, and broil them on a wire gridiron made for the purpose; broil quickly from three to five minutes. Place in a hot dish, put a bit of butter on each oyster, and serve *hot*. Or select large oysters in shells, wash the shells, wipe them, and place on a griddle with the large, deep side of shell down to catch the juices. Broil over coals or lay them on top of stove until shells open; remove top of shells, being careful to retain all juice in lower shells, and place them, shells and all, in a hot dish. Let each person season them to taste.

Panned Oysters.

Cut some stale bread in thin slices, round the inside of slices (leaving off the crust) to fit pattypans, toast a nice brown, butter each piece and place in the pattypans, moisten them with a little oyster liquor, place on the toast a layer of oysters, and season with salt and pepper and a bit of butter on top of each pan. Place all in a baking pan, cover, and set the pan in *a hot* oven eight or ten minutes. Serve hot in pattypans. Or melt a large lump of butter in a frying pan, without allowing it to brown, throw in the oysters, shake and stir them until they are sufficiently cooked, lay them on slices of hot toast arranged in a dish beforehand, and serve at once.

Scalloped Oysters.

Butter a pudding dish, put in a layer of cracker crumbs, moisten it with oyster liquor and milk; next

a layer of oysters, sprinkle with salt, pepper, and bits of butter, then another layer of crumbs, and so on until dish is full. Let the top layer be crumbs; beat an egg into the milk you pour over them, stick bits of butter over it, cover, and set it in the oven half an hour, brown lightly.

Oyster Pie.

Butter a deep pie plate, line it with puff paste or pie crust, fill it with oysters, and season with salt, pepper, and butter, a little cream or milk. Cover it with pastry and stick it with a fork; bake in a hot oven fifteen or twenty minutes until nicely brown.

Oyster Ragout.

Chop oysters thoroughly (about 3 dozen will fill 1 dozen shells), mince 1 small onion very fine and add to the oysters, with about as much bread crumbs as oysters, 1 large tablespoonful of butter, yolks of 2 raw eggs, boiled yolks of 2 more eggs, a little lemon juice, little nutmeg, and pepper and salt to taste. Put the mixture on the stove and stir it until it is thoroughly heated, then fill the shells, grate bread crumbs over the top of each, and bake ½ an hour. Serve on the shells. You can use little individual dishes made for the purpose instead of the shells.

Nashville, Tenn. Mrs. Thompson Anderson.

Creamed Oysters (No. 1).

Boil 1 pint of sweet milk, add 1 tablespoonful of butter with 1½ tablespoonfuls of flour rubbed to a cream; when it thickens add a salt spoon of salt, a dash of black pepper, 1 quart of oysters, and cook five minutes. Mrs. Phillip Hill.

Nashville, Tenn.

Creamed Oysters (No. 2).

To 1 quart of oysters,
4 tablespoonfuls of butter,
4 tablespoonfuls of flour.

Heat the butter and slowly stir the flour into it; meanwhile heat the oysters somewhat in their liquor, just until they curl up slightly, then drain them. Add the oyster liquor to milk so as to make about 1 quart of mixture, heat this mixture, and slowly pour into it the butter, etc., stirring it vigorously all the time. Turn oysters into it and cover with bread or cracker crumbs, and put into stove and brown.

Miss Sallie McClelland.

Nashville, Tenn.

Oyster Bake.

Butter a deep pie plate or baking dish, fill it with alternate layers of cracker crumbs and oysters, season each layer of oysters with salt, pepper, and bits of butter; let the last layer be of cracker crumbs. Pour enough sweet milk over it to moisten it well. Bake in a hot oven fifteen or twenty minutes. Serve hot.

MEATS.

IN roasting meat allow about twenty minutes to the pound, according to the thickness of roast. The oven should be *hot* when the roast is put in to crisp the surface quickly and retain juices. Boiled fresh meats should be put into *boiling* water to set the juice. Cold water should only be used for soup and salt meats, as it extracts the flavor. Strongly salted meats should be soaked overnight in cold water. Salt should not be applied to broiling steak, as it extracts juices; season *after* broiling. If meat is tough, soak it in vinegar water a little while or put a little vinegar in the water in which it is boiled. Poultry should never be eaten in less than five or six hours after it is killed. Frying may be done in two ways: by using 1 ounce or more of lard, butter, or beef drippings in a frying pan, when it is at *boiling* point place in the article, cooking both sides brown; or by *completely* covering the article in *hot* lard, like frying doughnuts.

Browned Flour for Gravies.

Spread flour upon tin plates set on the stove, stir it all the time until it is brown through; put it into a glass jar covered closely, shake it up every few days to keep it from lumping. It is excellent for coloring and thickening many dishes. Make it at odd times and keep it on hand all the time.

Browned Butter.

Put a lump of butter into a hot frying pan, toss it around over the fire until it is brown, stir browned flour into it until it is smooth and begins to boil. Use it for coloring gravies and sauces for meats. Mixed with celery or onion vinegar it makes a nice sauce for baked fish.

Corned Beef.

Rub each piece of beef well with salt, mixed with one-tenth part of saltpeter, until the salt lies dry upon the surface. Let stand twenty-four hours in a cold place, and repeat the process, rubbing in the mixture thoroughly; let stand until the next day. Have ready a brine made of 5 gallons of water, 1 gallon of salt, 4 ounces of saltpeter, 1½ pounds of brown sugar, and boil the brine ten minutes; let it get good cold. Wipe the beef dry, place it in a vessel, and pour the brine over it. Examine it from time to time. If it is not keeping well, take out the meat without delay; wipe it and rub in dry salt until you can prepare new, stronger brine. The beef should be washed well in 3 or 4 waters, removing all salt before cooking. Put on cold water enough to cover it; in boiling allow twenty minutes to the pound; turn the meat three or four times while cooking. When done drain very dry and serve with drawn butter in a gravy boat.

Spiced Round.

For a round of beef weighing 24 pounds take ¼ pound of brown sugar, ¼ pound of saltpeter, 2 pounds of salt, 1 ounce of cloves, 1 ounce of allspice, ½ ounce

of mace; pulverizing these materials, mix them well together and rub them in the beef thoroughly. Let the beef lie for eight or ten days in the pickle thus made, turn and rub it every day, then tie it around with tape to keep it in shape, make a thick paste of flour and water, lay a little suet finely chopped over and under the beef, cover the round entirely with the paste, and bake it six hours. When you take the beef from the oven remove the paste, but let the tape stay until you are ready to send to the table. If you wish to serve the beef cold, keep it well covered, so that it will retain its moisture. If you prefer, you can tie it in a cloth and boil it until done. The spiced round is for winter use, as it is only prepared in cold weather.

Roast Beef.

Take a roast of 7 or 8 pounds, salt and pepper it, place it in roasting pan, cut up bits of suet or butter over it, and pour over it 1 cup of hot water to prevent burning until suet is melted. Place it in a *hot* oven, baste often, and let cook about two hours. Place the roast on a heated dish where it will keep hot, skim off the fat beef drippings, add 1 tablespoonful of browned flour, pour in 1 cup of boiling water, and let it boil up, serve in a gravy boat. Roast other meats the same way.

Broiled Beefsteak.

Cut tender steak $\frac{3}{4}$ inch thick; if the meat is not tender, chop or beat the steak from one end to the other; lay it on a buttered gridiron over clear coals, turn it as often as it begins to drip; or put it on the bottom of a *hot* greased frying pan, turning it often.

Do not season until it is done, which will be in about ten or twelve minutes. Salt and pepper both sides, lay it in a hot dish, put butter over it, cover it, and let it stand five minutes to draw juices to surface before it is eaten. Broil other meat steaks the same way.

Smothered Steak.

Beat steak well, put a little butter in a hot frying pan, lay in the steak, sprinkle it with salt, pepper, flour, and bits of butter, set it in the oven until nicely browned, place on a heated dish, add a little flour and water to the gravy, let it boil up, pour it over the steak, and serve.

Beefsteak and Onions.

Prepare steak as above, have ready 5 or 6 onions sliced in a frying pan with a little butter, stir them until they begin to brown, dish the steak, and lay the onions on top. Cover, and let stand a few minutes. Serve hot.

Fried Steak.

Beat the steak, salt, pepper, and dredge it with flour, fry it in hot lard; when nicely brown on one side turn the other and brown it. When done place it on a hot dish. Add to the gravy a little flour and water, let it boil up, pour it over the steak, and serve.

Fried Steak and Onions.

Prepare as for fried steak; when placed in the frying pan put sliced onions over the top, and cook as fried steak. When done place the steak on a dish, laying the onions on top.

Fried Steak and Tomatoes.

Cut several tomatoes in small pieces and season with salt and red pepper. When the steak is about half done put the tomatoes over the steak and finish cooking. Lady Love.

Nashville, Tenn.

Dressed Steak.

Prepare dressing as for turkey or chicken, take a round steak, beat it, spread the dressing over it, sprinkle it with a little salt, pepper, and bits of butter, lap over the ends, roll the steak up tightly, and tie closely. Spread a large spoonful of butter over the steak and place it in a roasting pan with a little water. Bake about one-half hour, basting it often. When done place it on a dish, make a brown gravy and pour over it. Serve hot, cutting crosswise in slices through the beef and dressing.

Beef Tongue.

Wash well, and, if salt tongue, let it soak overnight in cold water; next morning put it into a pot with plenty of cold water, let boil slowly until it is tender through. When cold skin and cut it in round slices and serve.

Beef Hash.

Cut fine cold roast beef, cut fine 1 or 2 Irish potatoes, put into a stewpan with a lump of butter, season well with salt and pepper, add beef gravy or water, and cook slowly, stirring it now and then. When done, if too watery, sprinkle in a little flour to thicken it. If you like onion flavor, add 1 onion

minced when hash is first put on to cook. Make other meat hash the same way.

Baked Hash.

Chop the meat very fine; add a little water; season it with salt, pepper, butter, minced onion, and parsley; add some bread crumbs and ½ cup of milk with 1 beaten egg in it. Put into a buttered pan, grate some bread crumbs over the top, and bake till brown.

Beef Loaf.

Grind in a sausage mill 5 or 6 pounds of good beef, season it to taste with salt and pepper and a little chopped onion. Press it into shape and bake it as you do a roast. Mrs. W. R. Bryan.

Nashville, Tenn.

Hot Tamales.

Make a stiff mush of plain meal, 1 pound can of beef boiled in salt water until done enough to chop fine, 1 teaspoonful of chopped garlic, 3 or 4 tomatoes, 2 pods of red pepper boiled until you can scrape the inside out for use, using a little seed and tea to taste. Put a skillet on the stove and fry all together with lard eight or ten minutes. Wash shucks and let stand in boiling water during the time you are preparing the hash. Line the middle of shuck with the mush, smooth it with the hand, and put in some hash; roll it up and tie both ends of the shuck, put it in a steamer over boiling water, and boil 1 hour. By preparing the mush beforehand you can handle it better stiff and cold. This is splendid. Mrs. W. H. Bumpas.

Nashville, Tenn.

Roast Mutton.

Select young, tender mutton or lamb, prepare it as for beef roast, allowing fifteen or twenty minutes to the pound to roast done.

Fried Mutton Chops.

Sprinkle each chop with salt and pepper, dip it in flour or cracker crumbs and beaten egg. Fry it in hot lard a nice brown on both sides. Serve hot and dry or make gravy. Use tomato sauce.

Roast Veal.

Veal requires a longer time to cook than mutton or lamb. Heat it gradually, baste frequently, and when done skim the gravy, add a little flour and water, and let it boil up, serve in gravy boat.

Veal Cutlets.

Sprinkle them with salt and pepper, roll each one in cracker crumbs, fry in hot lard, make gravy, and serve. Or you can rub the cutlets in melted butter, pepper them, and broil like beefsteak.

Fried Liver.

Slice the liver and let it stand in salt water to draw out the blood; have a pan hot, put in 2 or 3 slices of middling and a little lard, and melt it to frying heat. Sprinkle each slice of liver with salt and pepper, dredge it with flour, and place it in the hot grease, fry brown, and dish the liver. Make gravy, pour it over the liver, and serve.

Stewed Tripe.

After the tripe has been well boiled cut it into small strips, boil some rich sweet milk, add butter, pepper, and salt, put the tripe into the milk, and let it get good hot through, and serve. A nice breakfast dish for those who are fond of tripe.

Fried Tripe.

After it is well cleaned boil it in water until it is *tender*, cut it into small squares, dip it in beaten egg seasoned with salt and pepper, roll it in cracker crumbs, and fry a light brown in hot lard. Serve with onion sauce.

Roast Pork.

Cut in deep squares or parallel lines running from side to side. Season highly, and put to roast with a little water in the pan. Heat it gradually; when the fat begins to ooze out of the roast quicken the fire. Baste it *often* with its own gravy. When thoroughly done take it up, skim the gravy, and thicken it with browned flour, and add 1 cup of boiling water and juice of 1 lemon, or a little vinegar if liked, and serve in gravy boat.

Pork Steak.

Broil or fry as you would beefsteak, only cooking it longer.

Pork Chops.

Prepare as for mutton chops, cooking them thoroughly done.

Roast Spareribs.

Trim off the rough ends, crack the ribs across, rub them with salt and sprinkle with pepper, put into a

pan with 2 cups of water, set it in oven, baste frequently, and turn it over so as to bake both sides brown. When done place in a dish, pour the gravy over them, and serve.

Sausage.

Grind in a sausage mill 6 pounds of fresh, lean pork, 3 pounds of fresh, fat pork, season it highly with salt, black pepper, Cayenne, and powdered sage, working it in with the hands. Make into small cakes and fry as many at a time as you want. Their own grease will fry them. Fry brown, but not hard. Serve them dry and hot, or make gravy if you prefer it.

Brains.

Take hog or calf brains, skin and wash them well, and let them stand in salt water awhile. Put on in water with a little salt to boil, cook until tender enough to mash, and drain off the water; have ready 3 or 4 beaten eggs, stir these into the brains, cook about two or three minutes, stirring it all the time, add a little lump of butter, and serve. Be careful not to let cook too long, as it will harden both eggs and brains and make them watery. A very fine dish when prepared in this way.

Pigs' Feet.

Clean the feet well, boil them 1 day in clear water with a little salt, until they are done and tender. After they are cold split them open, dip them in batter, and fry brown in hot lard.

Boiled Ham.

Wash the ham nicely, soak it in cold water 1 hour or all night, wash it again, put on in plenty of cold water, and let come to a boil slowly. Do not boil it too fast; allow twenty minutes to the pound after it begins to boil. Unless it is to be served hot do not skin it until cold. Garnish as you like.

Steamed Ham.

Prepare as for boiled ham, place in steamer, cover and set it over boiling water, and steam until thoroughly done. When cold skin it and serve it as boiled ham.

Baked Ham.

Soak the ham over night, trim nicely, cover it with thick paste made of flour and water, place it in roasting pan with a little water to keep it from burning, cover, baste now and then to keep the paste from cracking. Cook until done, allowing twenty-five minutes to the pound. When done peel off the paste and skin.

Dressed Ham.

Put the ham to soak in cold water the night before you wish to cook it. Next morning make deep incisions all over the ham, commencing at the hock crossways. Make a stuffing of light bread, 1 egg, a little butter seasoned well with onions, pepper, salt, spices, and sweet herbs of any kind. Mix together and stuff as much as possible into the incisions, then sew the ham up in a cloth and boil or steam it until done. Skin it, make a batter of flour and water, and pour over it, and put into oven to brown. Or boil ham until done, skin, and make incisions about

1 inch apart, deep as possible, and stuff; spread over the top the yolk of 1 egg and light bread crumbs, and bake brown.

Broiled Ham (No. 1).

Cut slices of ham ¼ of an inch thick, place them in hot water half an hour, then lay them on a gridiron over bright coals, brown both sides, place on a hot dish, butter freely, pepper, and serve. Or, after scalding, wipe them dry, dip in beaten egg, then into rolled crackers, and fry or broil.

Florence Crox.

Benton, Tenn.

Broiled Ham (No. 2).

Cut ham in thin slices, trim, soak it in cold water, wipe it dry, and broil over a brisk fire, turning slices constantly. It will require about five minutes to cook it. Place on a heated dish with a little butter and sprinkle of pepper on each slice. Serve at once.

Fried Ham.

Slice, trim, and fry in hot frying pan, turn it often until done and *brown*, place the ham on a dish, pour into *hot* frying pan with the gravy a little water, and shake it around to get browned ham off the pan; this makes *red ham* gravy. Pour it over the ham and serve. If you like, you can thicken the gravy with a little browned flour. Or cut in thick slices some cold boiled ham, dip in beaten egg, roll them in crumbs, and fry in hot butter or a little lard.

Dressing for Fowls.

Take bread crumbs, moisten them with milk or cold water, add butter, pepper, salt, and, if you like,

beaten yolks of 2 eggs, and mix well. Or use egg bread (made of meal) crumbs, mix about half and half with flour bread crumbs, and proceed as above. This is for plain dressing; you can add minced onion, sage, chopped oysters, or minced sausage, just as you prefer.

Roast Turkey.

Select a young turkey, have it dressed nicely, salt, and let stand at least seven or eight hours (or more) before roasting it. When ready to roast wash it in several waters, then wash it inside and out thoroughly with a little soda in the water, rinse it well, and wipe it dry inside and out with a clean cloth. Rub a little salt on inside, stuff it with dressing (any kind preferred), tie the legs and wings to the body, season a little butter with pepper and salt, rub it over the turkey, and dredge it with a little flour. Place it in a roasting pan with a perforated piece in the bottom, pour in a cup of hot water, cover, let bake slowly, baste often, and turn so that it will brown nicely. When you put the turkey in to roast stew the giblets in enough water to cover them until quite tender. When turkey is done and lifted from the pan skim fat off of gravy, and add giblets cut fine with the water they were boiled in to the gravy. Thicken it with browned flour wet with cold water, boil up once, and pour into gravy boat. Garnish turkey with parsley, or any way desired, and serve with cranberry sauce. Roast other fowls the same way.

Boiled Turkey.

Prepare as you would for roasting, fill it with oyster dressing, wet a thin cloth, dredge it with

flour, baste the turkey up in it, fitting it closely. Boil slowly, allowing about fifteen minutes to the pound. Serve with oyster sauce.

Turkey Steak.

Slice breast of cold roasted turkey, dip it in beaten egg seasoned with pepper and salt, and cracker crumbs, and fry it in hot butter a nice light brown.

Turkey Scallop.

Pick the meat from cold turkey and cut it fine; put into a buttered pan a layer of bread crumbs, moisten it with milk, add a layer of turkey with some of the dressing, sprinkle it with salt, pepper, and bits of butter; add another layer of crumbs, turkey, and so on until the pan is nearly full. If you have gravy left from turkey, add a little hot water and pour over it; if not, use milk or water to moisten. Then beat 2 eggs and mix with cracker crumbs and milk, and have it thick enough to spread; add a little salt and spread it over the top of scallop, and stick bits of butter over it; cover it with a pie plate, bake $1\frac{1}{2}$ hours, or until the contents begin to bubble, and remove the cover and let it brown. Cold chicken can be prepared the same way.

Turkey Hash.

Cut cold turkey into pieces about the same size, add turkey gravy if you have it, if not, add water and a lump of butter, and season with salt and pepper. Boil up good, thicken with a little dressing or flour, and serve hot.

Roast Chicken.

Prepare and serve just as you do roast turkey.

Boiled Chicken.

Prepare and stuff the chicken as for roasting, baste a floured cloth around it, put it in a pot with enough hot water to cover it well. Boil slowly first half hour; boil one hour or more according to size and toughness. Serve with sauce preferred.

Fried Chicken.

Clean, wash, and cut to pieces young, tender chickens, let stand in salt water one hour or more, wipe it dry, season it with salt and pepper, dredge with flour, or dip in beaten eggs and then in cracker crumbs. Fry in hot butter and lard mixed until a nice brown. Place on a dish, add 1 tablespoonful of flour to gravy, make it smooth, add 1 cup of cream or milk, season with salt and pepper, let boil up, pour it over the chicken or serve from a gravy boat. Serve hot. If chicken is large or tough, steam it before frying.

Broiled Chicken.

Take *young, tender* chickens, split them open in the back, lay them in salt water 1 hour, wipe them dry, lay them on the broiler, inside first to the fire, and baste with melted butter, salt, and pepper. When they are brown on one side turn them and baste and brown the other side. When done place on a hot dish, baste well with butter and a little hot water and serve. If chicken is tough, steam it awhile before broiling it.

Chicken Pie.

Cut chicken as for frying, boil it tender in water enough to cover it, season it with salt and pepper, rub a little flour into 1 tablespoonful of butter, and thicken with this. Line a baking dish with pastry, lay the chicken in nicely, if desired add a few slices of cold boiled egg, and pour over it the liquor or gravy it was boiled in. Cover it with pastry and bake about three-quarters of an hour.

Dumplings for Stews.

Sift together 2 cups of flour, 1 teaspoonful of baking powder, ½ teaspoonful of salt, and mix into a stiff dough with 1 egg well beaten and ½ cup of cold water; use more water if needed. Roll it as thin as pie crust, cut into small squares or strips, flour them, drop them in on top of the boiling stew, and cook twenty minutes without disturbing. You can use biscuit dough made without shortening for dumplings.

Stewed Chicken.

Cut up a large chicken, cover it with cold water, let it heat slowly and boil until tender, and season with salt and pepper, also with butter if chicken is not fat. Have ready dumplings, drop them in on top of the boiling stew, and let boil until they are done. Broken macaroni is a fine substitute for dumplings; used once, you will always prefer it. Beef stew can be made the same way, using small rib pieces, adding a few peeled, medium-sized Irish potatoes before dropping in the dumplings or macaroni.

Smothered Chicken.

Split young chickens down the back or cut them in pieces and let stand in cold water awhile. Drain and season them with salt and pepper, dredge with flour, put into a roasting pan, dot with bits of butter, and nearly cover them with water; cover and bake them until tender. When done take from the pan and make gravy.

Jellied Chicken.

Boil the chicken until the meat will drop from the bones, let it cool, cut the chicken fine, stir it into 1 quart of the water that it was boiled in, and season with salt, pepper, and a little butter. Dissolve ½ box of gelatin and mix with it, pour into a wet mold, and after it has hardened turn it out and serve in slices.

Barbecue.

To barbecue meat prepare as for a roast. While it is cooking have in a cup melted butter seasoned with vinegar, pepper, salt, and Cayenne; some use lemon juice instead of vinegar. Baste the meat or game often with the mixture. When done place it on a dish. If any of the mixture is left, pour it into the pan the meat was roasted in to make gravy; pour it over the meat and serve.

Kidney Stew.

Take 1 dozen veal or mutton kidneys, cover them with cold water well salted, and let boil from ten to fifteen minutes. Drain off the water and remove all fat and veins. Cut into pieces about the size of a

nut, put on in enough fresh water to cover them well, and skim as they boil. Add 2 or 3 bay leaves, a small onion minced fine, and a little nutmeg. Stew slowly until tender, then add a wineglass of sherry and serve. BELLE KELSO ALLISON.
Jackson, Tenn.

SCOTCH STEW.

Grind 3 pounds good beef, ½ pound tallow, add 1 onion chopped fine. Pour over this 1 cup of boiling water, season it with 1 teaspoonful of black pepper, a small pinch of Cayenne, and put into a porcelain saucepan. Let simmer for three hours; just before taking up add 1 large tablespoonful of butter and a very light one of salt. MRS. W. R. BRYAN.
Nashville, Tenn.

PECALOMING (SPANISH DISH).

Stew tomatoes until all water is out and quite brown; stir in an equal amount of cold meat chopped fine, use a liberal supply of butter, salt, and pepper, also a little Worcestershire sauce, stir while heating, and serve hot. MRS. S. A. C.
Nashville, Tenn.

MEAT ROLL.

Make a pastry and roll out large and round; have meat put through a chopper and season highly with butter, salt, pepper, and onion juice, spread over the pastry, and fold over as in any other roll. Bake and serve hot. It must not be too dry. Any kind of cold meat can be chopped and used the same way.
Nashville, Tenn. MRS. S. A. C.

Meat Scallop.

Take cold meat of any kind and gravy or stock in which it was cooked (cutting the meat fine), cracker crumbs, and broken macaroni. Boil the macaroni until tender. Cover the bottom of a baking dish with cracker crumbs, a layer of meat, season it with pepper and salt, a layer of macaroni, and so on until dish is full, having a layer of crumbs last. Pour over this the gravy or stock and bake one hour.

Game.

Roast large game as you would turkey; small game as smothered chicken. Broil or barbecue it if desired. Make all game stews or pies as chicken stews and pies are prepared.

SAUCES AND CATSUPS.

Roast Beef.—Tomato or cranberry sauce, grated horse-radish, mustard, pickles.

Roast Pork.—Cranberry or apple sauce.

Roast Veal.—Tomato, cranberry, or onion sauce, horse-radish, and lemons.

Roast Mutton.—Currant jelly, caper sauce.

Boiled Mutton.—Onion or caper sauce.

Boiled Fowls.—Bread, onion, cranberry, lemon, or cream sauce.

Roast Turkey.—Cranberry sauce, currant jelly.

Boiled Turkey.—Oyster sauce.

Venison or Wild Ducks.—Cranberry sauce, currant jelly.

Boiled Fresh Mackerel.—Stewed gooseberries.

Boiled Bluefish.—White cream or lemon sauce.

Broiled Shad.—Parsley or egg sauce.

Fresh Salmon.—Green pease, cream sauce.

Lemon juice makes a nice addition to all insipid fish.

Pickles are good with all kinds of meats in general.

Drawn Butter.

Take ½ cup of fresh butter, mix well with it 2 teaspoonfuls of flour, add 1 cup of warm water or milk, a little salt, mix smoothly, and set it in boiling water; stir it until it thickens.

Egg Sauce.

Mix into 1 cup of drawn butter smoothly the yolks of 3 hard-boiled eggs. Add minced parsley or chopped pickles if desired.

Oyster Sauce.

To 1 cup of drawn butter add ½ cup of small oysters, a pinch of salt and Cayenne, a few drops of vinegar or lemon juice, and let it come to a boil and serve.

Tomato Sauce (No. 1).

Take 1 quart can of tomatoes, add a slice of onion, a little pepper and salt, 2 cloves, and boil it ten or fifteen minutes. Mix with 1 tablespoonful of butter, 1 tablespoonful of flour, stir it on the stove until it browns, then stir it into the tomatoes, let it cook ten minutes, rub it through a sieve, and it is ready for use.

Tomato Sauce (No. 2).

Take 2 pounds of prepared tomatoes, 1 pound of sugar, 1 pint of vinegar, cloves to taste, and boil well. Sallie Miller.

Russellville, Tenn.

Onion Sauce.

Stir into ½ cup of butter 1 tablespoonful of flour, add 2 cups of boiling milk, stirring it all the time until it comes to a boil. Then add 3 or 4 boiled onions chopped fine, and season with salt and pepper.

Celery Sauce.

Mix ½ cup of butter with 2 tablespoonfuls of flour, stir in 2 cups of boiling milk, cut 2 or 3 heads of celery into small pieces, boil it a few minutes in water,

strain off the water, add the celery to the milk and butter, and stir it over the fire a few minutes. Another way is to put the celery through a sieve after it is cooked tender, mix it with 2 tablespoonfuls of liquor in which turkey is boiled; beat the yolk of 1 egg well with clear juice of 1 lemon, add it to celery mixture, and season with salt and pepper.

Caper Sauce.

Mix 2 tablespoonfuls of butter with 1 tablespoonful of flour, add 1 cup of boiling water, stir it over fire until thick, chop fine and add to it 1 hard-boiled egg and 2 tablespoonfuls of capers. Nasturtiums resemble capers in taste, and may be used instead. If neither are to be had, use finely chopped pickle.

Mint Sauce.

Put into ½ cup of vinegar 4 tablespoonfuls of chopped mint, 2 tablespoonfuls of sugar, and let it stand one hour or more before using.

Cranberry Sauce.

Wash and pick 1 quart of cranberries, put them in a saucepan with 2 cups of water, stew slowly, stirring it often, until as thick as marmalade; add 3 cups of sugar, boil a few minutes, and put it into a wet mold to get cold, or strain it through a sieve into the mold.

Apple Sauce.

Peel and slice some ripe tart apples, cover them with water, stew them slowly until they can be beaten smooth, put in a lump of butter, sweeten to taste.

Sauce for Salmon Loaf.

Four eggs well beaten, 1 tablespoonful of flour, 1 teaspoonful of butter, 2 tablespoonfuls of vinegar, a little water; mix and set it in boiling water, stir it till thick, and add a little sugar.

Another sauce: 1 cup of boiling milk thickened with 1 tablespoonful of flour or cornstarch, 1 tablespoonful of butter, the salmon liquor, and 1 beaten egg. Take from the fire, season, and let it stand in hot water three minutes, covered; add a little lemon juice.

Mrs. Frank Overton Watts.

Union City, Tenn.

Tomato Jelly.

1 can of tomatoes,
1 bay leaf, 6 cloves, 1 onion,
5 tablespoonfuls of vinegar,
1 tablespoonful of sugar,
Salt, red and white pepper to taste.

Simmer this ½ hour, then add ½ box of Nelson's gelatin which has been dissolved in enough water to cover it, add the gelatin to the mixture while it is hot, strain it into molds, set it aside to cool and congeal. Fine with meats.

Mrs. Bettie L. Wilson.

Nashville, Tenn.

Chili Sauce (No. 1).

Take 1 gallon of ripe tomatoes, peel and cut them up, drain off the water, 1 pint of onions cut into small pieces, boil them together until it is as thick as you like, add 1 pint of good apple vinegar, 1 cup of sugar (or more, to taste), season with red and black pepper, salt, and spices if you like (I prefer it without spices). Boil all together, put up air tight.

Can use canned tomatoes in winter, making a smaller quantity just as you wish to use it.

Chili Sauce (No. 2).

Take 1 quart of tomatoes, fresh or canned, 2 onions size of an egg, cut fine, 1 teaspoonful each of salt, pepper, and sugar, 1 pod of red pepper, ½ cup of vinegar. Boil until thick. Mrs. Seid Waddell.

Union City, Tenn.

Chili Sauce (No. 3).

Twenty-four ripe tomatoes, 8 onions, 6 peppers, 8 cups of vinegar, 8 tablespoonfuls of sugar, 6 tablespoonfuls of salt, 1 tablespoonful each of cinnamon, spice, nutmeg, and cloves. Superior to tomato catsup. Mrs. J. H. McAdoo.

Waverly, Tenn.

Chili Sauce (No. 4).

To 1 peck of tomatoes add 3 cups each of peppers and sugar, 2 cups of onions, 1 cup of salt, 3 pints of vinegar, 3 teaspoonfuls each of cloves and cinnamon, 2 teaspoonfuls each of nutmeg and ginger. Boil three hours. Put up air tight.

Mrs. Ava Herstein.

Nashville, Tenn.

Made Mustard (No. 1).

Mix 4 tablespoonfuls of best English mustard with 1 tablespoonful of butter, 1 teaspoonful of sugar, a little salt, and stir it into 1 cup of boiling hot vinegar.

Made Mustard (No. 2).

Cream 1 heaped tablespoonful of butter and 1 tablespoonful of sugar, add 2 tablespoonfuls of mustard mixed with 1 tablespoonful of salt. Beat 1 egg

very light and beat it into the creamed mixture; heat ½ cup of vinegar to boiling point and stir it in quickly, and, if it does not thicken the egg, set the bowl over boiling water a few minutes, stirring it constantly until thick. MRS. ANNIE JONES.
Nashville, Tenn.

HORSE-RADISH SAUCE.

Grind horse-radish, cover it with vinegar, add a little sugar, put it in a wide-mouth bottle with air-tight top.

CELERY VINEGAR.

Cut 1 bunch of fresh celery into small bits or use ¼ pound of celery seed, put into a jar, scald 1 quart of best vinegar, 1 teaspoonful of salt, 1 tablespoonful of sugar, pour it over the celery (or seed), let it cool, and put it away in a jar tightly corked. In about two weeks strain it and put into small bottles; cork them tightly.

ONION VINEGAR.

Mince 6 large onions, strew on them 1 tablespoonful of salt, and let it stand five or six hours. Scald 1 quart of good vinegar, 1 tablespoonful of sugar, and pour it over the onions; put in a jar, cover it, and let it steep two weeks; strain it and put in small bottles; cork tightly.

TOMATO CATSUP.

To 2 quarts of tomato pulp (or 2 cans of tomatoes) add 2 or 3 onions minced fine, boil in a porcelain kettle until it can be mashed through a sieve; put into kettle again, season with 1 pint of good cider vinegar, black pepper, salt, Cayenne, and spices if you like (if you use spices, tie them in a muslin bag), and

let boil until thick as desired; seal tight while *hot* in large-mouth bottles; use black bottles or wrap them in paper to keep the light from it. Keep in a dry, cool place. Some put a little salad oil on top in each bottle.

Green Tomato Catsup.

Slice 1 peck of green tomatoes, 2 large onions, place in layers, sprinkling salt between, and let stand twenty-four hours. Drain, and add 1 pound of mustard seed, 1 tablespoonful each of ground mustard, cloves, and ginger, 2 teaspoonfuls each of celery seed and black pepper, ½ cup of sugar, put it in a porcelain kettle, and cover it with good vinegar; boil two hours and strain it through a sieve, heat again, and seal while *hot*.

Plum Catsup.

Put in a preserving kettle 6 pounds of plums, 3½ pounds of sugar, 1 quart of good vinegar. Boil till plums are reduced to pulp; cool and press through a sieve, add cinnamon, cloves, nutmeg, and allspice to taste. Seal in glasses. Mrs. E. E. Hoss.

Nashville, Tenn.

Gooseberry Catsup.

Boil 5 pounds of gooseberries (not quite ripe) in 1 pint of vinegar until reduced to pulp; add 2½ pounds of sugar, 1 tablespoonful each of cinnamon, allspice, and black pepper; seal hot and air tight. Make grape catsup the same way.

Cucumber Catsup.

Peel and grate the cucumbers, salt them a little, put them in a bag to drain over night; season with good apple vinegar, pepper, and salt. For immediate use, as it is hard to keep.

PICKLES.

PICKLES should never be made in vessels of brass, iron, copper, or tin; the acid on such metals often poisons pickle. Use porcelain or granite ware and the best cider vinegar. Do not boil it too long, as it reduces strength. All vinegar should be scalded before using with pickles, or it will not keep well. In using ground spices tie them up in muslin bags. Put pickles up in air-tight glass jars. See that they are well covered with vinegar.

Table Vinegar.

Take 2 gallons of good apple cider, mix with it 1 pound of strained new honey, put it into a cask, and let stand five or six months, and you will have vinegar so strong that it will have to be diluted with water for table use. It is the best vinegar ever used for pickling purposes.

Cucumber Pickle.

Select 2 dozen large, firm cucumbers, soak them clear of brine, slice and scald them in hot vinegar, and set them aside in the hot vinegar. To each gallon of cold vinegar add 1 pound of sugar, 1 tablespoonful each of cinnamon, ginger, black pepper, celery seed, turmeric, ground horse-radish, and minced garlic, 1 teaspoonful each of mace, allspice, and cloves, ½ teaspoonful of Cayenne pepper. Tie the spices all in a thin cloth, put them in the vine-

gar, and add the cucumbers; let stew slowly one hour; put up hot and air tight in glass jars. Can use small whole cucumbers or gherkins.

Splendid Pickle.

Take cucumber pickles that have already been pickled and slice them, some lengthwise and some crosswise, slice some onions rather thick; put in a kettle 1 quart of good cider vinegar made sweet with sugar and colored *strongly* with turmeric, season *highly* with cinnamon, cloves, allspice, mace, white and black mustard seed, celery seed, and let all boil well. Then put in the cucumbers and onions, boil until the pickles are a rich citron color, and seal in jars. Mrs. Johnella Corbett.

Nashville, Tenn.

Mixed Pickle.

One-half peck of green tomatoes, 3 large heads of cabbage, 15 large onions, 25 cucumbers, ½ pint of white mustard seed, 1 pint of grated horse-radish, 1 ounce of celery seed, ½ cup each of black pepper, turmeric, and ground cinnamon. Cut tomatoes, cabbage, onions, and cucumbers in small pieces and salt them down over night. Next day strain off the brine and put the articles in vinegar and water in which the turmeric has been dissolved, and let stand one day. Then to 1 gallon of vinegar add 3 pounds of sugar and boil the articles, in which the spices have been mixed well, and the pickle is ready for use. Mrs. Len F. Davis.

Nashville, Tenn.

Mixed Mustard Pickle.

1 peck of green tomatoes,
1 large head of cabbage,
15 medium-sized cucumbers,
15 large white onions,
½ gallon small white onions,
3 heads of cauliflower.

Cut the articles into small pieces, mix with salt, put it into a bag, and let stand in a vessel twenty-four hours; lift out the bag with pickle in it, let it drain, place it in cold water a few hours, then drain well, squeezing out all salty water. Mix with the pickle ½ cup of ground black pepper, ½ ounce of celery seed, 1 ounce of turmeric, boil 1 gallon of vinegar, and pour over it *hot;* do this two mornings. The third morning make a mustard dressing of 1 cup of ground mustard, 1 cup of sugar, 1 cup of flour, mix it dry, and pour on by degrees ½ gallon of vinegar; put it on the stove and stir it until quite thick, mix it in the pickle while warm, and if needed, add more sugar and vinegar. Heat boiling hot and put up air tight in jars. This pickle will keep several years if made carefully.

Chowchow (No. 1).

Take 2 quarts of green tomatoes, 2 quarts of onions, 2 quarts of pickled beans, 2 dozen small cucumbers, 1 dozen green peppers, 1 large head of cabbage, chop all fine, sprinkle 1 cup of salt over it, and let stand over night. Next morning pour off the brine and season the pickle with 2 tablespoonfuls each of celery seed, black pepper, turmeric, and curry powder, 1 tablespoonful of ground cloves, ½ tea-

spoonful of Cayenne pepper, 1 cup of brown sugar; cover it all with vinegar and let boil until tender. Put up hot and air tight. MRS. IRBY MORGAN.

Nashville, Tenn.

CHOWCHOW (No. 2).

1 peck green cucumbers,
½ peck of green tomatoes,
1 pint of green peppers,
½ peck of onions,
1 ounce of celery seed,
1 ounce of white mustard seed,
1 ounce of turmeric,
1 ounce of whole cloves,
3 tablespoonfuls of ground mustard,
Grated horse-radish and black pepper to taste,
2 pounds of brown sugar.

Slice or chop fine, *salt well*, and hang in thin cloth to drip *in eve*; next morning *scald* in weak vinegar, then squeeze dry, and add strong vinegar. Will keep for years. MRS. C. W. McG.

Franklin, Tenn.

CHOWCHOW (No. 3).

Take 1 peck of green tomatoes, 5 onions, 3 heads of solid cabbage, 1 dozen green peppers; chop separately, then mix, salt well, and drain over night. Put in a porcelain kettle 1 pound of brown sugar, ½ cup of grated horse-radish, 1 teaspoonful each of ground black pepper, whole white mustard seed, and celery seed, cover with vinegar, boil, and pour on the pickle in a jar. Do this several successive days, then put away in glass jars.

MRS. AVA HERSTEIN.

Nashville, Tenn.

Chopped Pickle.

1 gallon of cabbage,
1 gallon of green tomatoes,
1 quart of onions.

Sprinkle salt over tomatoes, let stand awhile, drain off the water, mix the above ingredients together after having chopped them, cover them with vinegar in a kettle, add 2 tablespoonfuls of ground mustard, 1 tablespoonful each of ginger, cloves, and mace, 1 ounce of celery seed, 3 ounces of turmeric, 3 pounds of sugar. Boil fifteen minutes.

Union City, Tenn. Mrs. Mary Miles.

Hayden Salad.

Take 1 gallon of cabbage, 1 gallon of tomatoes (either green or ripe; I prefer green), ½ pint of green peppers with seed out, 1 quart of onions, all chopped fine. Sprinkle salt over the whole, let stand several hours, strain off the juice, add 5 tablespoonfuls of mixed mustard, 2 tablespoonfuls of ginger, 1 tablespoonful each of cinnamon, cloves, and mace, 3 ounces of turmeric, 1 ounce of celery, and 3 pounds of sugar. Cover it all with good vinegar, boil slowly till done; 1 cup of salad oil is a great improvement.

Belle Mead, Tenn, Miss Lizzie Hoover.

Yellow Pickle (No. 1).

To 1 gallon of strong vinegar add 1 ounce of turmeric, 2 ounces of bleached ginger, ½ ounce of mace, 1 handful of garlic, 2 handfuls of horse-radish, ½ pound of mustard seed, 2 ounces of long peppers. Put in a vessel, well stopped, and let stand eight or ten days in the sun. Cut cabbages in halves or quarters, sprinkle with salt, and let remain twenty-

four hours; then lay them on dishes and expose them to the sun until they are perfectly dry. Turn them often while drying. When the cabbage is ready lay it in jars, pour over the prepared vinegar, stop very close, and let stand in the sun ten days. Cloves and nutmeg should be added to taste.

Nashville, Tenn. MRS. IRBY MORGAN.

YELLOW PICKLE (No. 2).

Have firm white cabbage cut in quarters, put in strong brine for two or three days; then scald them in clear water until you can run a straw through them, take them out and dry them for twenty-four hours in the sun or by the stove, as most convenient. Then put them in strong cider vinegar with powdered turmeric sufficient to color the cabbage, and let them remain in the vinegar about ten days. Then take the cabbage out and put it on a clean plank and let it drain two or three hours. Have the following spices prepared: To 1 gallon of cabbage 2 ounces of white ginger, 2 ounces of white pepper, $\frac{1}{4}$ ounce of mace beaten fine, 4 ounces of horse-radish cut fine, 4 ounces of garlic, 2 ounces of white mustard seed, $\frac{1}{2}$ ounce of celery seed. Put in a layer of cabbage and a layer of spice until the jar is three-fourths full, fill the jar with cider vinegar, in two or three days pour the vinegar from them, scald it, and to every gallon of vinegar add 5 pounds of brown sugar while the vinegar is boiling. Be sure and keep the pickle covered with the vinegar, and the jar should be tightly covered at all times, and during the warm weather be placed in the sun as often as may be convenient. MRS. S. F. MCCLAY.

Nashville, Tenn.

Cabbage Pickle.

For a two-gallon jar take cabbage enough quartered to fill it, pour on it hot brine, let stand four days, squeeze out of brine, pour over them weak vinegar, let remain several days. Take strong vinegar, 2 ounces of cinnamon bark, essence of cloves to taste, 2 ounces of turmeric, put this over the cabbage, and tie up closely. Mrs. F. N. Harris.

Waverly, Tenn.

Sliced Pickle.

25 cucumbers,
2 heads of cabbage,
15 large onions,
1 pint of small onions,
1 pint of grated horse-radish.

Slice the cucumbers lengthwise, slice the large onions, cut the cabbage as for slaw, sprinkle them with salt, and let stand one day; drain it well one night. Put it in weak vinegar and let stand two days, drain again, and put into a jar, after mixing in the following: ½ pound of white mustard seed, 1 ounce each of ground pepper, celery seed, cinnamon, and turmeric. Boil 1 gallon of good vinegar and pour over this three mornings in succession; the last time add 2 pounds of sugar. Put up air tight.

Nashville, Tenn. Mrs. W. H. Bumpas.

Tomato Pickle.

Slice 1 peck of green tomatoes, ½ gallon of onions, salt them down overnight with 1 pint of salt. Next morning put in a sack and drain well, then scald in weak vinegar and drain again. Put on the fire enough strong vinegar to cover them, and add 1

grated nutmeg, 2 tablespoonfuls each of ground cloves and cinnamon, 2 small pods of green pepper cut in small pieces, 5 cups of brown sugar. Let all boil slightly, then add the tomatoes and onions, and let all boil again. Tie the cloves and cinnamon in a thin cloth, but scatter the nutmeg in loose.

Sparta, Tenn. LIZZIE M. WILLIAMS.

SWEET TOMATO PICKLE.

Slice 15 pounds of green tomatoes, let stand overnight with a little salt sprinkled over them. Drain well and add 5 pounds of sugar, 1 quart of best vinegar, 1 ounce of cloves, 2 ounces of cinnamon, let boil fifteen or twenty minutes, skim out the tomatoes, and boil the sirup until thick if preferred.

Waverly, Tenn. MRS. J. H. MCADOO.

PICKLED WATERMELON RIND.

Take the thickest rind you can get, peel off the green part, and cut out the soft inner part. Cut it in strips or fancy pieces, lay them in brine strong enough to float an egg, and let remain several days. Then soak it in clear water, changing it several times, until it is clear of brine. Put a lump of lime the size of a walnut in 2 gallons of *cold* water and let the rind soak overnight in it, then soak it in clear water six hours, then scald it in strong alum water and change to *cold* water again, and let stand overnight. Make a sirup of $\frac{1}{2}$ pound of sugar to 1 pound of fruit, 1 pint of vinegar, 1 tablespoonful of turmeric, $\frac{1}{2}$ ounce of white ginger, mace, cloves, and cinnamon to taste. Put in the pieces of rind and boil them until they are clear. Put up hot in glass jars.

Sweet Pickle for Fruit.

Most of the receipts for making sweet pickle for fruit are similar. To every quart of fruit allow 1 cup of sugar, 1 pint of good cider vinegar, and 1 tablespoonful each of ground cinnamon, cloves, and allspice, tied in a muslin cloth. Let come to a boil, drop the fruit in and cook until it is tender, remove the fruit and boil the sirup fifteen minutes, put the fruit in again and let boil, and seal in jars.

Raisin Sweet Pickle.

Use 2 pounds of nice, large raisins stemmed and seeded, 3 dozen small cucumber pickles cut in small pieces, a small quantity of stick cinnamon, a few pieces of mace, 2 tablespoonfuls of white mustard seed, 1 tablespoonful of celery seed, 1 teaspoonful of ground black pepper, 3 cups of light brown sugar, 1 quart of vinegar. Nannie Alexander Denny.
Dixon Springs, Tenn.

Citron Pickle.

Slice the cucumbers as soon as taken from brine in slices about $\frac{1}{4}$ of an inch thick, soak them in clear water till quite fresh, changing the water several times. Boil them in alum water half an hour, then in strong ginger tea half an hour. Have ready a sirup made of 1 quart of good vinegar, 1 pint of water, 3 pounds of brown sugar, adding cinnamon, a few cloves, and mace. Put the cucumbers in while the sirup is boiling, let boil three or four minutes, place in a jar, and cover closely. It is ready for use as soon as cold. Four pounds of cucumbers will be sufficient for said amount of sirup. Be sure

to secure large, tender cucumbers, and slice them in circles. MRS. M. P. POLK.

Nashville, Tenn.

PICKLED PEACHES (No. 1).

9 pounds of peaches,
3 pounds of sugar,
3 quarts of cider vinegar.

Peel the peaches and put cloves in each peach, add sugar and vinegar, let boil five or ten minutes in a porcelain vessel, then add a little allspice.

Livingston, Tenn. MRS. A. L. WINDLE.

PICKLED PEACHES (No. 2).

10 pounds of fruit, pared,
4½ pounds of sugar,
1 quart of vinegar,
Mace, cinnamon, cloves, to taste.

Lay the peaches in the sugar one hour, drain off every drop of sirup and put it over the fire with 1 cup of water, boil until scum rises, skim, and put in the fruit, boil it five minutes. Take out the peaches with a perforated skimmer, spread them upon dishes to cool. Add the vinegar and spices to the sirup and boil fifteen minutes, and pour it over the fruit in glass jars. MRS. STEWART KIRKPATRICK.

Nashville, Tenn.

SWEET PEACH PICKLE (No. 1).

To ½ bushel of peaches add 1 quart of white wine vinegar and 7 pounds of granulated sugar. Boil the peaches in the vinegar and sugar until a straw can be stuck through them. Put up hot and air tight in glass jars. MRS. AVA HERSTEIN.

Nashville, Tenn.

Sweet Peach Pickle (No. 2).

Take 4 pounds of sugar and make a sirup of it. Put in a few peaches at a time, cook until a fork will enter them easily. Take these out, put in more, and when all are cooked put them into a jar. Boil down the sirup until quite thick, add 1 pint of good vinegar, pour it over the fruit. Spices to taste. This quantity of sirup will be sufficient for 8 pounds of peaches. Mrs. Florrie Dodd.

Nashville, Tenn.

Vinegar Peaches.

To 1 peck of peeled peaches 3 pounds of sugar, ½ pint of strong vinegar. Boil the peaches a short time in enough water to cover them, and put them on dishes to cool. Make a sirup of sugar and some of the water in which the peaches were boiled and also vinegar. Then put in the peaches and boil until you can pierce them with a straw. Put in cans and seal. Be sure not to have sirup too thin. You will be pleased with this receipt.

Union City, Tenn. Mrs. Nellie F. Morris.

SALADS.

THE best and freshest material should be used in making salads—vegetables *fresh* and *crisp*, oil or butter of the very best, fish, fowl, or meats well cooked, pure apple vinegar; in fact, every ingredient of the *best*, if you wish to be sure of success.

Mayonnaise Dressing (No. 1).

Yolks of 6 eggs,
1 tablespoonful of butter,
3 tablespoonfuls of sugar,
1 teaspoonful of salt,
½ teaspoonful of mustard,
A *small* bit of Cayenne,
1 cup of vinegar.

Mix well together and boil it in a double vessel, stirring it all the time until *thick*. When cool and ready for use thin it with cream. This dressing will keep for weeks in a cool place, adding the cream just as you use it. If you prefer, you can thin it with vinegar instead of cream, adding more sugar if needed.

Mayonnaise Dressing (No. 2).

Cream together yolk of 1 egg, 4 tablespoonfuls of sugar, and ½ teaspoonful of mustard; cook 6 tablespoonfuls of vinegar and ½ teaspoonful of butter in a double vessel five minutes, stir in the other mixture, and let boil until it thickens. Serve on salad immediately before use.

Nashville, Tenn. Mrs. Alex M. Ralston.

Salad Dressing (No. 1).

1 tablespoonful of butter,
2 tablespoonfuls of sugar or to taste,
1 teaspoonful of salt,
½ teaspoonful of mustard,
A small bit of Cayenne,
1 teaspoonful of celery seed if liked,
2 eggs well beaten,
1 cup of hot vinegar.

Mix smoothly together and cook it in a double vessel, stirring it all the time, until thick as paste. Add 3 tablespoonfuls of cream *just* when *ready* for use. A nice dressing for slaw, lettuce, or salads of any kind.

Salad Dressing (No. 2).

Yolks of 3 eggs well beaten,
1 teaspoonful of mustard,
2 teaspoonfuls of salt,
½ salt spoon of Cayenne pepper,
2 tablespoonfuls of sugar,
Whites of 3 eggs beaten stiff,
1 cup of melted butter or oil,
1 cup of hot vinegar,
2 tablespoonfuls of celery seed.

Commencing with the yolks, add the ingredients in the order named, when well mixed cook it thicker than good cream, add 1 cup of cream the last thing, stirring it all the time. When cold add the juice of 1 or 2 lemons if you like. Mrs. Byrd Murray.

Nashville, Tenn.

Chicken Salad.

Boil fowls tender, remove all fat, gristle, and

skin, cut the meat in small pieces. To 1 chicken put two and a half times its weight in celery, cut in small pieces, mix thoroughly, and set it in a cool place. Make a mayonnaise dressing, and when ready for the table pour the dressing over the chicken and celery, mixing well. Set it in a cool place until ready to serve, garnish with celery tips, hard-boiled eggs, or lettuce leaves. Cabbage can be used if you cannot get celery; in that case use celery vinegar in the dressing. Turkey makes a fine salad.

Oyster Salad (No. 1).

Drain the liquor from 1 quart of oysters, scald them in vinegar, but do not cook them, then drop them in cold water, and drain off. Have nice, crisp celery cut in small pieces, use 1 quart after it is cut, mix it with the oysters, also some finely cut pickle if you like. When ready to serve pour salad dressing over it and garnish it with celery tips and slices of eggs.

Oyster Salad (No. 2).

½ cup of vinegar,
½ cup of liquor of oysters,
½ cup of butter,
Yolks of four eggs beaten light.

Add the yolks to other ingredients while boiling. Toast 3 biscuits, roll them very fine, add them to the boiling mixture, take it from the stove, and pour it over the oysters, which have been cut in halves. Put in a pretty dish and garnish prettily. Let it get quite cold before using. Miss Susie Gentry.

Franklin, Tenn.

Oyster Salad (No. 3).

Drain the liquor from 1 can of oysters or 3 dozen fresh oysters, chop the oysters fine, place them in a covered dish. Then take ½ cup of good vinegar, ½ cup of butter or olive oil, 1 tablespoonful of mustard, 1 tablespoonful of sugar, yolks of 3 eggs, 1 teaspoonful of celery seed, a little salt and pepper, add all this to the liquor drained from *cove* oysters, let it come to a boil, and pour it over the chopped oysters. Very good. Mrs. Robert Purdy.

Henderson, Tenn.

Oyster Salad (No. 4).

To 1 cup of oysters add yolks of 4 eggs, ½ cup *each* of cream, butter, vinegar, liquor from oysters, rolled crackers, and 2 teaspoonfuls of mustard, salt and pepper to taste. Beat the eggs, stir in the cream, vinegar, and other ingredients, put on the fire, and stir it constantly, putting in the crackers last. Cut fine 2 cucumber pickles, pour the mixture over the oysters. Mrs. Maggie Gooch.

Nashville, Tenn.

Salmon Salad.

Use 1 can of salmon, cut up celery (about 2 heads or more), and mix it with the salmon. When ready to use pour over it a salad dressing, garnish with celery or lettuce.

Sardine Salad.

Drain off the oil from 1 large box of sardines, remove the skin, tail, and backbone. mix them well with 6 hard-boiled eggs squeezed through a potato masher, season with salt and pepper. Serve with salad dressing or vinegar.

Potato Salad (No. 1).

Boil 4 large Irish potatoes, peel and mash them smooth, mince 2 onions and add to the potatoes, make a dressing of yolks of 3 hard-boiled eggs, 1 small cup of vinegar, 1 teaspoonful of black pepper, 1 teaspoonful of mustard, 1 dessert-spoonful of celery seed, 1 tablespoonful of melted butter, salt to taste, mix it well with the potatoes. Garnish with slices of egg and celery or lettuce.

Potato Salad (No. 2).

Take 10 cold, boiled Irish potatoes, slice them thin, make a dressing of 1 tablespoonful of butter, ½ teaspoonful of mustard, 1 cup of vinegar, salt, pepper, and sugar to taste, 1 egg well beaten, and 1 onion cut fine, cook a few minutes and pour it over the sliced potatoes, and serve.

Potato Salad (No. 3).

Boil 6 large Irish potatoes, take 2 hard-boiled eggs, slice 3 onions, lay them in vinegar half an hour. When the potatoes and eggs are cold chop potatoes, eggs, and onions fine, add 1 teaspoonful of salt, 1 teaspoonful of celery seed, 1½ teaspoonfuls of mixed mustard, ½ cup of vinegar. Make a few hours before serving. Mrs. J. M. Hudson.

Nashville, Tenn.

Potato Salad (No. 4).

Boil your Irish potatoes carefully, cut in small slices with raw onions, and have a dressing of egg, raw or cooked mustard, pepper, salt, and good vinegar, oil if desired, also a few cracker crumbs.

Mrs. C. W. McG.

Franklin, Tenn.

Tomato Salad.

Peel and slice firm, smooth tomatoes about ¼ of an inch thick and set them on ice. Line a salad bowl with lettuce leaves nicely washed, place the cold sliced tomatoes on it, pour over each slice of tomato a spoonful of mayonnaise or cream dressing, and serve.

Tomato Jelly Salad.

Soak ½ box of gelatin in 1 cup of cold water one hour, add ½ cup of hot water to dissolve it. Take 1 pint of finely chopped tomatoes, add the gelatin, season with a little minced onion, Cayenne pepper, and salt. Let the mixture boil two or three minutes, then strain it through a cloth, wet individual molds, fill them with the mixture, and set them in a cold place to congeal. When the jelly becomes cold and set serve each one on a lettuce leaf with mayonnaise dressing. This is nice for a luncheon.

Celery Salad.

Cut the celery into small pieces about ½ inch long, season it with salad dressing, and serve at once.

Vegetable Salad.

Chop cabbage fine, mix 1 cup of cabbage, 1 cup of cold, chopped Irish potato, 2 minced onions, yolks of 3 hard-boiled eggs, a little pickle, 1 green pepper, all chopped fine. Chop all separately, then mix them well. Pour over it vegetable salad dressing, and serve.

Cabbage Salad.

Chop fine ½ head of *crisp* cabbage and immediately before serving pour over it salad dressing.

Cold Slaw.

Cut the cabbage fine; to ½ small head add yolks of 3 eggs, 1 tablespoonful of sugar, 1 tablespoonful of butter, ½ teaspoonful of mustard, black pepper, and salt to taste. Beat the eggs and add the other ingredients, with 1 cup vinegar, let it stew until quite thick, and pour on the cabbage while hot. Let it get cold and serve. Celery seed in the dressing or chopped celery in the cabbage makes a delightful flavor. Lizzie M. Williams.

Sparta, Tenn.

Slaw and Dressing.

Shave cabbage, salt and sprinkle it with celery seed. Pour over it the following dressing: Yolks of 2 eggs, ½ cup of sugar, 1 teaspoonful of dry mustard, a lump of butter size of a walnut, ¾ cup of vinegar. When this boils add 1 cup of buttermilk or sour cream. Mrs. Ava Herstein.

Nashville, Tenn.

VEGETABLES.

VEGETABLES of all kinds should be as fresh as possible, thoroughly picked over and washed in salt water, then placed in cold water awhile before cooking. All vegetables for cooking are much better when cooked the same day they are gathered. Cook *steadily* after you put them on; do not let them *stop boiling* until perfectly done. When about half done throw in a little salt. Serve hot. Boil a clean charcoal with cabbage to destroy the odor. Hold onions *under* water while slicing them to prevent hurting the eyes. Some add a small pinch of soda to nearly all boiling vegetables.

Boiled Cabbage.

Put in a pot half full of water a piece of bacon about 4 inches square, set it on the fire to boil. Pick off the outer green leaves of the cabbage, quarter it, and examine closely to be sure there are no insects in it, rinse it in salt water, and let lay in cold water one hour. Then put it in a vessel of hot water and parboil fifteen minutes; drain the cabbage and place it in the pot with the bacon, which has been boiling one hour or more while cabbage was being prepared. Cook together three-quarters of an hour, or until cabbage is tender. Do not boil too long, or it will turn yellow. Take up as soon as done, serve with Chili sauce. If you do not want to use bacon, par-

boil cabbage fifteen minutes, drain off, add boiling water from teakettle, boil until done, drain well, dish, and pour over it rich drawn butter.

Steamed Cabbage.

Prepare the cabbage as for boiling, chop fine, put in a pan with ½ cup of water, set it in a steamer over boiling water, cover closely. When tender add 1 tablespoonful of butter, a little salt and pepper, and just before taking up add a little vinegar if you like.

Fried Cabbage.

Chop cold boiled cabbage, fry it in a little hot butter seasoned with pepper and salt until browned a little; add a little cream or vinegar if you prefer it.

Sauerkraut.

Shred or chop cabbage fine, line a keg with cabbage leaves on bottom and sides as you fill it. Put in a 3-inch layer of cut cabbage, sprinkle it with 4 tablespoonfuls of salt; after you have made several layers this way pound it with a wooden pestle until the cabbage is covered with its own juice. Proceed to line with leaves and layers in this way, beating well with the pestle, until the keg is nearly filled; beat until it is *well* covered in its own juice. Cover with leaves and a cloth over all; fit a board cover on the kraut, and press it down with a heavy weight. Set it away to ferment in a cool, dry cellar. In three weeks remove the scum and see that it is still well covered in juice. Serve raw, fried, or boiled with pork. It is made in the fall for winter use.

Stuffed Cabbage.

Choose a large, firm cabbage, take off the outer leaves, pour boiling water over it to make it pliable, with a sharp knife cut out the stalk and some of the inside leaves. Chop the leaves fine, with a little celery, onions, ham or sausage, and bread crumbs, salt and pepper to taste; stuff the head with this, tie up in a cloth, boil or steam it until tender. Take out and unbind carefully and lay it in a dish, pour drawn butter over it, and serve.

Boiled Irish Potatoes.

Get potatoes of uniform size, white, and free from blemish, put them in cold salted water, boil until done, pour off all the water, sprinkle them with salt, and set them back, with top off, to one side of stove to dry three or four minutes. Peel them quickly and put in a dish. Serve plain or season with butter, pepper, and salt over them. If new potatoes, rub the skins off and place them in boiling salted water. Prepare and serve as above, or when done and drained have ready in a saucepan butter, cream, pepper, and salt, let it get *hot* but not boil, pour it over the potatoes, and serve hot. The art of cooking potatoes is to not let them stop boiling, and cook them *just* enough, taking up as soon as they are done.

Mashed Irish Potatoes.

Old potatoes are best mashed. Boil them in salt water or steam them until done, drain them dry, peel, and squeeze them through a potato masher; work in 1 tablespoonful of butter, salt, and enough milk to make as soft as dough; dish and serve. Or

put them on a pie plate and bake brown in the oven; if the latter, add 2 beaten eggs to the mixture before baking.

Flaked Irish Potatoes.

Prepare as mashed potatoes, only do not touch them after they have been squeezed through a potato masher into a hot dish; serve hot.

Creamed Irish Potatoes.

Boil or steam old potatoes, peel, and run them through a potato masher, add a large lump of butter, and cream enough to make smooth, salt to taste, *beat* as cake batter until it is quite white.

Stewed Irish Potatoes.

Peel and quarter the potatoes and soak them in cold water half an hour, place in a saucepan with enough cold salted water to cover them, stew until done. Drain off half the water and add 1 cup of milk, boil three minutes, stirring it all the time, season with butter, salt, and pepper, thicken a little with flour, let boil up, and serve.

Irish Potatoes with Roast.

About three-quarters of an hour before roast is done peel some medium-sized potatoes, put them in the pan around the roast; or take mashed potatoes, adding a little chopped onion, pepper, and salt, mix with 1 beaten egg, shape into balls, dredge with flour, and place around the roast twenty minutes before taking it up. Baste the potatoes when you baste the roast.

Saratoga Chips.

Peel good-sized potatoes, slice them crosswise very thin, let stand half an hour in ice water, wipe them dry in a cloth. Drop them into boiling lard or put them into a frying basket, which is better, and set them in boiling lard until a nice light brown. Take them out, drain, and sprinkle them with salt while hot.

Stuffed Irish Potatoes (No. 1).

Take large, nice, smooth potatoes, bake them until soft, cut round piece off the top of each, scrape out the inside carefully so as not to break the skins. Mash the inside smooth with butter and cream, add salt and pepper and a little grated cheese, fill the skins with the mixture, replace the caps, put them in the oven for three minutes, arrange them in a hot dish with the caps up.

Stuffed Irish Potatoes (No. 2).

Select nice size Irish potatoes, bake in their skins; when done split them open, take out the inner part and dress it with butter, salt, pepper, celery seed, and a little fine-chopped onion. After mixing thoroughly stuff this in the skins and put in the stove until ready to serve. Mrs. Len F. Davis.

Nashville, Tenn.

Irish Potato Cakes.

Form cold mashed potatoes into flat cakes, flour them, and fry a light brown on both sides.

Scalloped Irish Potatoes.

A layer of chopped cold Irish potatoes and a layer of bread crumbs, upon which put butter, salt, and

pepper; continue the same until you have several layers of each. Warm sweet milk and pour over it when ready to bake. It takes about half an hour to bake properly. MRS. J. M. HUDSON.

Nashville, Tenn.

SWEET POTATOES.

Sweet potatoes are baked, steamed, or boiled with the jackets on. Cold sweet potatoes may be sliced and fried. Boiled potatoes peeled and placed around roast shoat and browned are very nice. Boiled sweet potatoes must be peeled before sending to table.

BAKED SWEET POTATOES.

Boil or steam the potatoes until nearly done, peel and slice them lengthwise, put them in a deep baking dish, a layer of slices, sprinkle it heavily with sugar, a little flour, a bit of salt, grate nutmeg over it, and add little lumps of butter. Make 2 or 3 layers, not more; let the last layer be of sugar, bits of butter, etc. Bake it slowly to a nice brown. Some slice the potatoes before cooking them any, steam half done, and drain, or use raw slices in a shallow baking dish and cook slowly, seasoning as above before baking.

SWEET POTATO PUDDING (No. 1).

1 quart of grated sweet potato,
¾ cup of sugar,
Butter size of an egg,
1 cup of sweet milk,
3 eggs well beaten.

Flavor with nutmeg or cinnamon, and bake.

Mont Eagle, Tenn. SALLIE CROSS SHELTON.

Sweet Potato Pudding (No. 2).

Boil 4 or 5 medium-sized potatoes, mash them smooth and fine with 1 cup of sweet milk. Stir together 1 cup of butter and 1 cup of sugar until light and creamy, add juice of 1 lemon or orange, ½ teaspoonful of grated nutmeg, 2 teaspoonfuls of ground cinnamon; beat 3 eggs very light, stir them into the butter and sugar alternately with the mashed potatoes, beat it hard until it is well mixed and light. Pour it into a buttered dish and sprinkle the top with cinnamon and a little sugar, bake in a tolerably quick oven. You can leave out the lemon or orange juice if you prefer it without. Serve hot, with butter.

String Beans.

Break off each end of the bean, drawing off at the same time the string upon each edge; do this carefully, so as to get off all the string; break them in two to see if any string remains. Lay them in cold water a few minutes, drain, and put them into boiling water in which is a small piece of bacon; boil about two hours. Or drop the beans into clear, boiling water without bacon, boil until tender, and drain; or, if water is *nearly boiled* out, add 1 tablespoonful of butter, ½ cup of cream, pepper, and salt.

Dried Beans.

Soak the beans overnight in lukewarm water, drain, and put them in boiling water with a small piece of fat bacon; boil two hours.

Butter Beans.

As you shell the beans put them in cold water, and cook in boiling water until tender. Serve with butter, salt, and pepper over them.

Mashed Turnips.

Put on a small piece of fresh, fat pork to boil, add a little salt to the water, peel and slice the turnips, and lay them in cold salt water until the pork has boiled awhile. Then drain the turnips and put them in the pot with the pork, add a little red pepper, let boil until tender enough to mash, drain out and mash, add a pinch of sugar, place them on a dish with the piece of pork in the center; serve hot. Or boil the turnips without pork, mash and season with 1 tablespoonful of butter, pepper, and salt.

Turnip Greens.

Pick carefully 1 peck of greens, wash them thoroughly in salt water, let stand in *salt* water half an hour. Have *boiling* in a pot half full of water a piece of cured hog jowl which has been nicely trimmed and well cleaned. When the jowl is about half done drain the greens from the salt water, rinse them well, and drain again; place them in the pot with the jowl to boil one hour, or until done, dish with the jowl in center of the dish with the greens. Serve with vinegar and poached eggs.

Stewed Pumpkin.

Choose a nice ripe pumpkin, cut in two, take out the seeds, slice and peel it, and let stand in cold water one hour. Put it in a pot of boiling water over the fire, and stew slowly, stirring it often until it breaks to pieces. Drain well and rub it through a sieve, put into a saucepan on the stove with 1 tablespoonful of butter, pepper and salt to taste, stir and cook it until it is hot and dry; dish and serve.

Beets.

Do not break the skins of beets in washing, or they will lose their color in cooking. Boil them one hour in hot water, until tender, scrape off the skins, slice them in a dish, season with butter and pepper, or pour over them a boiling mixture of 1 tablespoonful of butter, 2 tablespoonfuls of vinegar, a little pepper and salt; serve very hot. Or slice them, and when cold pour vinegar over them. Beets can be baked or steamed instead of being boiled.

Parsnips.

Scrape or peel the parsnips; if large, split them. Put into boiling water with a little salt, boil or steam them until tender, drain, and slice lengthwise, dish, and butter them well. Another way is to boil and cut them in thick slices, dredge with flour, and fry brown in hot lard, drain, sprinkle with pepper, and serve hot. Or boil and scrape them, mash them smooth with 1 spoonful of butter and 3 or 4 spoonfuls of cream; pepper and salt to taste, heat in a pan, and serve hot. Or, when mashed and seasoned, add 2 beaten eggs, 1 cup of milk, 3 tablespoonfuls of flour, and fry as fritters.

Parsnip Fritters.

Boil 4 parsnips until soft, peel and mash very fine, add to them 1 teaspoonful of flour, 1 egg well beaten, and a little salt. Make the mixture into small cakes, and fry a delicate brown on both sides; serve hot.

Mrs. J. T. Dodd.

Nashville, Tenn.

Squashes.

Wash, peel, and slice the squashes, take out the seed, lay the squashes in cold water, boil or steam them until quite tender, drain out all the water, mash them together with a little butter, pepper, and salt. Put in a stewpan on the stove, stir well until it becomes dry, and let brown a little. Or drain the thin slices, dip them in meal or in beaten egg and cracker crumbs seasoned with salt and pepper, and fry in hot lard.

Carrots.

Wash and scrape the carrots, lay them in cold water, boil them in hot water until very tender, drain, mash, and mix in 1 tablespoonful of butter, a little pepper and salt, and a little cream. Or boil until nearly done, cut into small pieces, put in a saucepan with a little minced onion, butter, pepper, and salt to taste, a little water or milk, simmer half an hour; serve hot.

Egg Plant.

Take fresh, purple egg plants of medium size, peel and slice them $\frac{1}{2}$ inch thick, lay them in cold salt water one hour. Drain each slice, wipe them dry, dip them into beaten egg, roll in cracker crumbs, and fry them in hot butter until brown.

Green Pease.

Shell the pease and lay them in cold water until ready to cook, put them in boiling water, enough to cover them, boil until tender, drain off part of the water, season with salt, pepper, and a lump of butter with a *little* flour rubbed in it, let boil up, and serve hot.

Salsify.

Scrape the salsify and put it in cold water, cut in pieces 1 inch long, boil it in hot water until tender, drain off nearly all the water, add 1 cup of milk, a lump of butter mixed with a little flour, pepper and salt to taste; boil up and serve. Or boil it until tender, mash smooth, moisten with milk, add 1 beaten egg, make into cakes, dredge them with flour, and fry them brown.

Asparagus.

Cut stalks of asparagus equal lengths, using only the tender portion, scrape and throw it into cold water as you scrape it. Put into boiling water and cook it until it is tender; drain, and pour over it 1 cup of drawn butter, season with pepper and salt, dish, and serve, or serve it on toast. Or cut asparagus into small pieces before boiling, cook, and when done season as above, adding 1 beaten egg to drawn butter before stirring it in asparagus.

Spaghetti.

Plunge the ends in fast boiling water, slightly salted; when soft coil them in the water without breaking, and boil fifteen minutes. Drain in a colander and pour cold water on it, put on a hot dish, and pour a hot, rich tomato sauce over it, and keep on back of range until heated through, or strew over with grated cheese. Mrs. M. E. Grantland.

Nashville, Tenn.

Boiled Corn.

Shuck and remove the silks well from young, tender corn, put it in boiling water, add 1 tablespoonful of sugar, boil fast half an hour, and serve.

Baked Corn.

Cut corn off of ½ dozen nice, tender ears, scrape the cob, add ½ cup of milk, 1 tablespoonful of butter, a little salt, put in a buttered baking dish, bake in a moderate oven three-quarters of an hour.

Fried Corn.

Cut the corn off, scrape the cob, add a pinch of salt and a little water; put in a frying pan nice, fresh lard, when hot pour in the corn, and fry until done and browned a little. Or fry 2 or 3 slices of bacon, take them out, and put in the corn.

Corn Fritters.

Grate the corn, take 3 cupfuls and mix it with 3 well-beaten eggs, 3 tablespoonfuls of milk, 1 tablespoonful of melted butter, beat it very hard, salt to taste, thicken with flour enough to hold them together. Fry in hot lard like you do fritters, or on a griddle like batter cakes.

Corn Oysters.

Grate the corn from 6 ears of corn, mix with it 2 tablespoonfuls of flour, yolks of 3 eggs well beaten, season with salt and pepper. Have equal measures of lard and butter in a frying pan, and when *hot* drop in the corn in lumps size of an oyster, and fry brown.

Corn and Tomatoes.

Take equal quantities of green corn cut from the ear and tomatoes peeled and sliced, stew together half an hour, season with salt and *very* little sugar, stew twenty minutes longer, stir in a lump of butter, let stand two or three minutes, and take up and serve.

Corn Pudding.

Cut nicely 6 large ears of corn, mix with 3 eggs *well beaten*, 2 cups of sweet milk, 1 tablespoonful of sugar, 1 tablespoonful of butter, salt to taste; bake in a buttered pudding pan, covered, about one hour; uncover and brown nicely. You can make this pudding with canned corn in winter.

Cucumbers.

Select sound, firm cucumbers, peel and slice them crosswise in *very thin* slices, cut a few slices of onion, and place all together in salt water for an hour or more. Drain off the salt water; if cucumbers are too salty, rinse them. Season with pepper and good vinegar and serve.

Fried Cucumbers.

Peel and lay the cucumbers in cold water half an hour, cut them lengthwise into slices $\frac{1}{2}$ an inch thick, lay them in cold water a few minutes, wipe them dry with a cloth, season each slice with salt and pepper, dredge with flour or meal; fry a delicate brown in hot butter or nice lard.

Stewed Tomatoes.

Peel and cut up tomatoes, cutting out the hard part of cores, stew them in a saucepan half an hour, add 1 tablespoonful of butter, salt and sugar to taste; thicken it with bread crumbs. Cook slowly fifteen minutes and serve. If you like flavor of onion, add a little minced onion while it is cooking.

Baked Tomatoes.

Stew tomatoes, sweeten them, and butter very thin slices of bread or cold biscuit; fill a baking pan with layers of buttered bread and stewed tomatoes, sprinkle it with flour and bits of butter and brown it nicely in the oven.

Stuffed Tomatoes (No. 1).

Select nice, large tomatoes, cut around the stem and remove part of inside, make a stuffing of any kind of cold cooked meat chopped fine, bread crumbs, green corn, minced onion, a well-beaten egg, butter, salt, and pepper. Fill the tomatoes with this dressing, put a piece of butter on top of each, and bake in a quick oven forty-five minutes.

Stuffed Tomatoes (No. 2).

Cut the stem part of tomatoes off, take out the heart and chop it fine, squeeze all the water out of it, chop up a small onion and put with it, make a mayonnaise dressing and mix with it. Fill each tomato with the mixture, and serve as soon after making as possible, as they get watery by standing.

Franklin, Tenn. Mrs. George C. Cowan.

Broiled Tomatoes (No. 1).

Select half-ripe tomatoes, cut them in slices, and sprinkle them with pepper and salt, then dip them into meal. Have a griddle very hot and broil the tomatoes in a little butter. This is a delightful breakfast dish. Mrs. Bettie L. Wilson.

Nashville, Tenn.

Broiled Tomatoes (No. 2).

Select large, firm tomatoes, wash but do not peel them, slice them ½ inch thick, broil on a hot griddle greased with butter. Have ready in a cup a little hot butter seasoned with salt; after the tomatoes are broiled place them on a hot dish and pour over them the melted butter, and serve. Let each one season to taste with pepper, mustard, or sugar. Or dip the slices of tomato in beaten egg and cracker crumbs before broiling.

Onions.

Peel nice white onions, put them in cold water, let come to a boil, pour off the water, put them in cold water and boil again until tender, drain dry, and sprinkle with pepper and salt; butter well and serve. Or, when boiled tender, add a little milk, butter, pepper, and salt. Or peel, slice, and fry them in equal quantities of butter and lard until tender and a little brown.

Okra (No. 1).

Boil tender, white pods of okra a few minutes in enough water to cover them, drain off, add more water, salt, and boil until tender, drain well, dish it, sprinkle with pepper, butter freely, add a little vinegar if you like, and serve. Or cut the pods in two lengthwise, dip them in meal, and fry brown; or dip them in beaten egg and cracker crumbs and fry.

Okra (No. 2).

Boil the okra in salt water until tender, drain off the water, and pour over it ½ cup of vinegar, 1 teaspoonful of butter, 1 teaspoonful of sugar, cover, and let boil up once.

Nashville, Tenn. Mrs. Stewart Kirkpatrick.

Rice.

Pick and wash the rice well, let it stand in water awhile before cooking, drain, and put into boiling water slightly salted. Boil twenty minutes; do not stir it, but *shake* it up hard to keep from scorching. When done drain off the water, set it on the stove, uncovered, where it will not burn, to dry a few minutes; turn it into a dish, put a lump of butter in the middle, and serve. Or put rice in a pan, cover it well with hot water, add a little salt, set it in a steamer over hot water, cook twenty minutes, or until done, and dry. This is the safest way of preparing it. Some like a little cream and butter stirred into dry, boiled, or steamed rice just before serving it.

Baked Rice.

Boil 1 pint of sweet milk, mix 2 tablespoonfuls of corn meal in some cold milk and stir it in the boiling milk, add 1 tablespoonful of butter or lard, let it cool; then add 1 pint of cold boiled rice and 2 eggs well beaten, season with salt. Bake quickly.

Nashville, Tenn. Maggie M. Webber.

Macaroni (No. 1).

Break the macaroni into pieces 1 or 2 inches long, put it in boiling water with a little salt, boil until tender, but not cooked to pieces. Drain well, put a layer in the bottom of a buttered pan or pudding dish, add a layer of grated cheese, a little salt, bits of butter, then more macaroni, and so on, filling the pan. Sprinkle the top layer with a thick layer of cracker crumbs, pour over it all 1 cup of cream or milk. Bake half an hour, until nicely browned, and serve in the same dish that it was baked in.

Macaroni (No. 2).

Boil the macaroni until well done, grate the cheese (a few crackers grated and mixed with the cheese is better than all cheese); place a layer of macaroni in a baking dish, then a layer of the cheese and cracker crumbs, with bits of butter, pepper, and salt. Continue with alternate layers until the dish is filled, then pour in 1 cup of sweet milk mixed with 4 or 5 eggs well beaten. Some like a little mustard mixed with it. Bake a nice brown.

Nashville, Tenn. Mrs. Thompson Anderson.

Hominy.

Soak the hominy overnight in cold water; next morning put it in a pot with 2 quarts of water to 1 quart of hominy, boil slowly until it is soft, stir well, and often toward the last. When done drain, stir in salt and butter, and serve. Or fry cold boiled hominy and serve. Or add to cold boiled hominy 2 cups of milk, a little butter, sugar, and salt, and 3 eggs *well beaten*, mix well together, and bake it in a buttered pan until firm and nicely browned.

Lye Hominy.

Put 1 peck of old, dry, ripe, hulled corn into a pot filled with water, and with 1 quart of wood ashes in a bag; let it soak awhile. Boil it until the hulls or skins come off, drain out the corn, wash it well in cold water to get off the taste of lye, boil it again in clear water with a little salt until soft. Mash some of it and serve hot; or fry it a little brown and serve. This is an old-fashioned dish, but is fine. Can be served with milk or cream.

Fried Peaches.

Select large, firm freestone peaches, halve them, and place them cup down in a skillet with a little hot butter or lard. When the edges are nicely brown turn them up and fill the cups with sugar; cook until done.

Fried Apples.

Wash and slice thin, nice, juicy apples, put them in a frying pan with a little hot butter or lard, cover, and let cook slowly. Stir in a little sugar or molasses just before they are quite done.

Celery.

Select nice, crisp white heads of celery, cut off the tough stalks, roots, and green leaves, letting the bleached leaves remain. Wash and scrape the stalks, and place it in cold water until ready to send to table. Serve in a glass celery dish; let each person salt it for themselves. Some like celery stewed in boiling water, adding cream, butter, salt, and pepper to taste.

EGGS.

TO ascertain freshness of eggs look at the sun or at a light through the egg. If you can trace distinctly the outline of the yolk, and if the white looks clear, it is good; otherwise, it is not. In shaking an egg, if it makes a sound, it is not good. Put them in a pan of cold water, and fresh eggs will sink; stale ones will rise or float on top. Keep eggs in a cool place.

To Preserve Eggs.

Take a piece of quicklime the size of a large lemon, 2 cups of salt, put in a large vessel, slack it with 1 gallon of boiling water, and it will boil and bubble until as thick as cream. When cold pour off the top, which will be clear, pour the liquor over the eggs in a stone jar, more than enough to cover them, keep under with a light weight; set the jar in a cool place. Eggs will keep several months this way.

Boiled Eggs (No. 1).

Put the eggs into boiling water with a spoon, being careful not to crack them; boil three minutes for soft eggs, ten minutes for hard. Some boil eggs one hour for cold boiled eggs; say they are more healthy than when boiled just done.

Boiled Eggs (No. 2).

Place the eggs in a warm saucepan, cover them with boiling water, and let stand where they will

keep warm, but not boil, for ten minutes. This will cook both whites and yellows.

Fetzerton, Tenn. MAGGIE COPELAND.

POACHED EGGS.

Have perfectly clean a frying pan about ½ full of *clear, boiling* water, salt a little, break the eggs one at a time in a saucer, slip them carefully into the boiling water; after all are in with a spoon pour a little of the hot water over the top of the eggs to set them. Boil three minutes or until the whites are firm; dip them out with a perforated skimmer, drain, and place them in a dish, season with butter, pepper, and salt. If you will add a little vinegar to the water before putting in the eggs, it will keep them from spreading.

AN EGG SCRAMBLE.

Put ½ cup of sweet milk in a small saucepan and set it over the stove, stir 1 teaspoonful of flour into a little cold milk and add to the hot milk, together with 1 small tablespoonful of butter, a pinch of salt. Break in the mixture 3 eggs, give about three turns, and when cooked through serve.

Mont Eagle, Tenn. MRS. SARAH L. INNIS.

SCRAMBLED EGGS.

Break the eggs in a bowl, beat gently until yolks are broken, put 1 tablespoonful of butter into a frying pan; when hot turn in the eggs, and season with salt and pepper. Stir well until the eggs are set, and serve. ANN ELIZA HATCHER.

Eagle Creek, Tenn.

Fried Eggs.

Put a lump of butter into a frying pan; when hot break the eggs, and drop them in carefully one at a time. Fry three minutes, place them on a heated dish, sprinkle with pepper and salt.

Shirred Eggs.

Heat a baking dish large enough to hold the number of eggs to be cooked, grease it with butter, break the eggs carefully one at a time into a saucer, slip them into the hot dish, sprinkle them with salt and pepper; cook them in the oven three or four minutes. Or beat the eggs well, season, and bake them in a buttered dish. Either of these can be prepared in individual dishes. I have seen them baked in buttered muffin rings.

Poached Eggs.

Two eggs, 2 tablespoonfuls of milk, ½ teaspoonful of salt, ½ teaspoonful of butter. Beat the eggs, add the salt and milk, put the butter in a small saucepan; when melted add the eggs, stir it until the mixture thickens, being careful not to let them cook hard; cook about two minutes. When done should be soft and creamy. Maggie Copeland.

Fetzerton, Tenn.

Scalloped Eggs.

Butter a baking dish, put in a layer of bread crumbs, a layer of sliced, cold, hard-boiled eggs, sprinkle it with pepper, salt, and bits of butter. Continue until the dish is nearly full, having a layer of crumbs on top; pour over it 1 cup of cream or milk, and brown it nicely in a moderate oven. You can add minced or ground ham or tongue to the

scallop. Or make a mixture of crumbs and meat, a little butter, moisten with milk, season, and fill some greased pattypans or scallop shells with the mixture, break 1 egg carefully on top of each, sprinkle with a little pepper, salt, and fine cracker crumbs over all. Bake in oven until the eggs are well set. Serve hot.

Omelet.

Beat 6 eggs separately, whites to a *very stiff* froth and yolks to a smooth light batter; add to the yolks 1 tablespoonful of cornstarch, 1 teaspoonful of baking powder, 1 cup of sweet milk, season with salt, and lastly stir in the stiff-beaten whites. Have ready in a smooth, hot frying pan a lump of butter; when it hisses pour in the mixture, set it over the fire, but do not stir it; let cook ten minutes. As the eggs set slip very carefully a broad-bladed knife under the bottom of the omelet to keep it from burning. As soon as the middle is set place the omelet in a hot oven. When done lay a hot dish bottom upward on top of the pan and turn the omelet out carefully, brown side up. Serve right away, as it will fall if allowed to stand. Never try to make a large omelet; it is better to have two small ones. This is for plain omelet.

Mixed Omelets.

Make mixture as for plain omelet, add to this for other kinds of omelets either of the following, cooked and minced fine: Turkey, chicken, ham, fish, or any kind of meat; use oysters not cooked beforehand. Also use grated cheese, bread crumbs, cold boiled rice, or hominy. Some use cold vegetables of different kinds chopped fine.

Egg Omelet (No. 1).

Beat 6 eggs, white and yolks separately; ½ pint of milk, 6 teaspoonfuls of cornstarch, 1 teaspoonful of baking powder, a little salt; add the whites beaten stiff last. Cook in a little butter.

Fetzerton, Tenn. Maggie Copeland.

Egg Omelet (No. 2).

Beat separately whites and yolks of 2 eggs; ½ cup of sweet milk, ¼ teaspoonful of baking powder, a little salt. Mrs. Sarah Spence.

Nashville, Tenn.

Stuffed Eggs.

Boil the eggs hard done, cut them neatly in halves, make a paste with the yolks, melted butter, pepper, and salt. Mince fine cold chicken or any tender roasted meat, mix it with the paste, and fill the cavities in the eggs with it; press the halves together. Grated cheese is a nice addition. Or you can split the eggs in halves lengthwise, fill them with the mixture, press the halves well together, dip them in beaten egg and fine bread crumbs, place them in a frying basket under boiling lard a few minutes, drain, and they are ready for use.

Delightful Eggs.

Boil 6 eggs twenty minutes, separate the yolks and whites, grate each or squeeze them through a potato masher; rub together 1 tablespoonful of flour, 1 tablespoonful of butter; add this to 1 pint of rich milk, and stir it over fire until thick. Put the whites into this, season with white pepper and salt. Have ready some stale light bread crumbs, put into

a greased baking dish a layer of crumbs, then the whites and cream, sprinkle with the yolks, use all the quantity this way, and on top sprinkle the yolks and bread crumbs, with pieces of butter to make it brown nicely. Put in the stove to finish, and serve hot. MRS. BETTIE L. WILSON.

Nashville, Tenn.

VERMICELLI.

6 hard-boiled eggs,
1 pint of sweet milk,
1 tablespoonful of butter,
1 tablespoonful of flour,
1 cup of grated bread crumbs.

Cream the butter and flour together, heat the milk, and stir butter and flour in it. Season the bread crumbs with salt and pepper. Separate the yolks and whites of eggs and squeeze them through a potato masher. Put in a buttered pan alternate layers of bread crumbs, whites, and yolks, and pour the milk over it. Reserve some of the yolks for top layer, put bits of butter over it, and set in stove to brown. Serve hot. MATTIE DUNCAN.

Nashville, Tenn.

MILK, BUTTER, AND CHEESE.

A COOL cellar is the best place to keep milk, if you have no refrigerator. Milk will keep sweet longer in shallow vessels than in deep ones. If you scald sweet milk, it will keep it from souring so quickly.

Clabber.

Set a dish of skimmed milk away in a warm place, well covered, until it turns or becomes smooth, firm clabber. Set it on ice one hour before using. Do not let it stand until the whey separates from the curd or gets sour. Lift it from the dish carefully with a large spoon,and serve in saucers with sugar sprinkled over it. Serve with cream and nutmeg if desired.

To Preserve Butter.

Work butter into small rolls, wrap each one well in a clean muslin cloth, and tie them with a string. Make 3 gallons of brine strong enough with salt to hold up an egg; add 1 tablespoonful of saltpeter, ½ cup of sugar; boil the brine, and when cold strain it. Put rolls of butter in a large jar, pour the brine over it so as to cover well, and place a weight over it to keep rolls under the brine.

Cottage Cheese.

Place buttermilk or clabber over the fire and scald *just enough* to separate the curd from the

water; take off and strain it through a cloth, but do not squeeze quite all of the moisture out. While it is hot season with butter, salt, and cream according to taste. Quite a nice dish when freshly made.

Cheese Straws (No. 1).

2 heaping tablespoonfuls of flour,
2 heaping tablespoonfuls of rich grated cheese,
2 level tablespoonfuls of butter,
1 salt spoonful of salt,
½ salt spoonful of mace,
Cayenne pepper on point of pocketknife,
1 egg.

Work all together on platter, roll on board with a little flour, cut thin in rings or straws, and bake in hot oven.

Mrs. W. F. Sowell.
Franklin, Tenn.

Cheese Straws (No. 2).

One cup of grated cheese, 1 cup of flour, a pinch of Cayenne pepper, 1 salt spoonful of salt, ½ cup of butter; rub in as for pastry, roll thin, cut in strips, and bake quickly a light brown.

Mrs. Robert Purdy.
Anderson, Tenn.

Cheese Fingers.

1 cup of grated cheese,
1 cup of sifted flour,
1 teaspoonful of baking powder,
1 teaspoonful of butter.

Enough sweet milk to make a soft dough; roll ½ an inch thick, cut in finger lengths, and bake in a moderate oven.

Miss Martha Douglass.
Nashville, Tenn.

Cheese Straws (No. 3).

Mix 1 pint of flour, 1 pint of grated cheese, 1 large spoonful of lard, to a stiff dough with cold water, roll very thin, cut in narrow strips, and roll them under the hand or twist until round; bake in moderate oven. Mrs. J. H. Enloe.

Nashville, Tenn.

Cheese Scallop.

2 cups of light bread crumbs,
2 cups of sweet milk,
1 cup of cheese minced fine,
2 eggs well beaten. Salt.

Mix well together, pour it into a greased tin, bake slowly until brown on top; serve from the tin it was baked in.

Cheese Fondu.

Melt 1 ounce of butter and whisk into it 1 pint of boiling milk. Dissolve 2 tablespoonfuls of flour in 1 gill of cold milk, add to the boiled milk, and let cool. Beat the yolks of 4 eggs with 1 heaping teaspoonful of salt and pepper, mixed half and half, and 5 ounces of grated cheese; whip whites of the eggs and add them. Pour the mixture in a deep buttered dish, allowing 4 inches for rising. Bake twenty minutes, and serve immediately.

Nashville, Tenn. Mrs. M. E. Grantland.

Cheese Biscuit.

1 cup of grated cheese,
1 cup of flour,
¾ cup of butter,
1 pinch of salt.

Work all well together, roll out ½ an inch thick, cut with a small, fancy cutter; bake rather slowly a very delicate brown. Mrs. Martha Jones Gentry.

Franklin, Tenn.

BREADS.

THE most important branch of culinary knowledge is certainly the ability to make *good* bread. It is wise to use none but best flour, and it should be kept *dry*, as the least bit of dampness affects it. Milk makes whiter bread than water, and does not dry so quickly. Milk should be heated before using. Water can be used instead of milk in all raised dough. When the receipt calls for sweet milk or cream, and you do not have it, you can use sour milk. In that case *do not* use baking powder, but soda instead, using 1 level teaspoonful of soda to 1 pint of sour milk. When the receipt calls for baking powder, and you do not have it, you can use cream of tartar and soda in proportion of 1 level teaspoonful of soda to 2 teaspoonfuls of cream of tartar. Flour dried in the sun makes lighter bread.

Table for Cooking Bread.

Bread, forty to sixty minutes.
Bread (steamed brown), three hours.
Biscuit, ten to twenty minutes.

Moisten Loaf Bread.

Always grease slightly the top of loaves or rolls before putting them to rise, or brush them over with sweet milk to keep them from hardening before they rise.

To Freshen Stale Bread.

If not too stale, bread, rolls, and biscuit can be freshened by steaming them a few minutes and drying them off in the oven, or dip them in cold water and place them in the oven until heated through.

To Utilize Stale Bread.

Stale bread, cakes, and crackers can be used in making bread puddings; or bread and crackers can be powdered for frying purposes.

Bread Crumbs.

Prepare bread crumbs as follows: Break stale bread into small bits, put them on a baking pan in a moderate oven, watch closely to keep them from scorching. Take them while hot and crisp, roll and sift them, placing the fine crumbs to themselves to use for frying chops, *croquettes*, oysters, etc. The coarse crumbs can be used for puddings.

Self-rising Yeast.

Tie 2 ounces of hops in a muslin bag, put them over the stove in 4 quarts of cold water, let boil one hour, and cool until lukewarm; take 4 cups of flour, work into a smooth paste with some of the warm liquor; beat into this 1 cup of sugar, 1 tablespoonful of salt, beat well, add the rest of the liquor, cover it with a cloth, and let stand two days. Then boil 6 or 8 Irish potatoes, peel and mash them well, stir them in the liquor a little at a time until smooth, strain it through a sieve, and let stand one day in the warm kitchen, stirring it often. Clean well and scald some bottles, bottle the yeast, cork tightly, and it is ready for use. *Keep* it in a *cool* place. This yeast will

keep for several weeks in a cool cellar, and does not need other yeast to start it.

Potato Yeast.

Peel 6 Irish potatoes, put them on the stove in 2 quarts of cold water, let boil until potatoes are done, take them out, and leave the water on the stove. Mash the potatoes smooth with 4 tablespoonfuls of flour, 2 tablespoonfuls of sugar, using the hot water the potatoes were boiled in until all is used. When lukewarm add ½ cup of good yeast and let stand until it ferments; when through fermenting scald bottles and bottle the yeast, cork tightly, and keep it in a cold place.

Yeast Cakes (No. 1).

Cut up and wash 4 cups of Irish potatoes (peeling and all), put them on the stove in 8 cups of cold water, with 1 cup of hops tied in a muslin bag, and boil three-quarters of an hour. Take out the hops, mash the potatoes, mix them with the hot water, and strain it through a sieve; while it is hot stir in enough flour to make a stiff batter, beat well, add 2 tablespoonfuls of good yeast, and set it in a warm place to rise. When light stir in 1 cup of sifted meal, roll it out 1 inch thick, cut in round cakes 3 inches in diameter, and dry these in the hot sun. When good dry hang them up in a bag in a cool, dry place. Use 1 cake for 1 loaf of bread. Soak it in milk-warm water until soft, add a pinch of soda, and then mix. These cakes will keep several weeks in summer and longer in winter. You can use compressed yeast instead of making yeast cakes, if convenient to get it fresh from groceries.

Yeast Cakes (No. 2).

For dried yeast take 4 medium-sized Irish potatoes, peel, slice, and boil until done in 1 quart of water. Then take 1 quart of flour and scald with the water off the potatoes, mash the potatoes, and mix with the batter. Soak 2 yeast cakes and stir in when cool. Let this set overnight, and in the morning it will be light; then thicken with meal, and cut into cakes and dry, but not in the sun or oven. Mrs. W. W. Stephenson.

Nashville, Tenn.

Yeast and Bread.

Peel, slice, and boil until done 4 medium-sized Irish potatoes in 1 quart of water. Then take 1 quart of flour and scald it with the water off the potatoes; mash the potatoes and mix with the batter. Soak 2 dried yeast cakes and stir in when cool; let this set overnight. Next morning sift 4 quarts of flour, add a handful of sugar, 1 tablespoonful of salt, 2 tablespoonfuls of lard, 1 quart of warm water, and the yeast. Mix rather stiff and knead well, then put back into pan to rise. Let it come to top of pan, then knead well and make into loaves. This is enough for 5 good-sized loaves. Let rise, and bake one hour in a moderate oven.

Nashville, Tenn. Mrs. W. W. Stephenson.

White Bread.

Sift 2 quarts of flour, take out 1 cupful for kneading, mix with the balance of 2 quarts 1 teaspoonful of salt, 1 tablespoonful of sugar, and rub in well 1 tablespoonful of butter or lard. Mix ½ cup of baker's yeast or ½ cake of dry hop or compressed

yeast with 1 pint of lukewarm water, pour it into middle of the flour, and mix it with a spoon until a soft dough, using more water or flour as may be needed. Knead well, set it in a warm place to rise overnight. By morning it should have about doubled its bulk. Knead it over with a little flour, shape into loaves, put into greased pans, grease the top of the bread slightly to keep moist, and set it in a warm place to rise. Bake in a moderate oven at first; when done turn it out and wrap it in a cloth.

Milk Bread.

Warm 1 quart of milk, add ½ cup of yeast or dissolve in it ½ cake of compressed yeast, 1 tablespoonful of sugar, 1 teaspoonful of salt, mix with 1 pint of flour, beat well, and let rise five or six hours. Melt 2 tablespoonfuls of butter, work it into the sponge with a pinch of soda dissolved in water and enough flour to make a stiff dough. Let rise three or four hours, knead, and make into loaves; put into a greased pan, let rise, and bake.

Buttermilk Bread.

Heat 1 pint of buttermilk, add 4 tablespoonfuls of yeast; or, if you let it stand overnight, do not use yeast, but put in instead 1 tablespoonful of sugar, and stir in enough flour to make a thick batter. Next morning stir in 1 teaspoonful of soda dissolved in hot water, a little salt, and 2 tablespoonfuls of melted butter; work in enough flour to make dough stiff enough to handle. Knead well, make into loaves, let rise, and bake.

Graham Bread.

Take 5 cups of unsifted Graham flour, 2 cups of white flour, 1 cup of meal (both sifted), and 1 teaspoonful of salt; mix ½ cup of baker's yeast or ½ cake of compressed yeast with 1 pint of lukewarm water, add ½ cup of molasses, and pour this into the flour. Make into a *soft* dough and put to rise in a warm place overnight. It takes Graham bread longer to rise than white bread. Next morning, when the sponge has risen, add 1 teaspoonful of soda dissolved in a little warm water, knead well with a little white or brown flour, make it into loaves, put into greased pans, and set it in a warm place to rise; let it take its time. Bake about one hour steadily, covering it at first with an old tin to prevent getting hard too fast on top. It takes longer to rise and longer to bake than white bread.

Currant Bread.

Make plain, homemade bread, and after it rises the first time roll it out and spread it with about 1 teaspoonful of lard, then sugar and currants; repeat this until sweet enough. Let it rise the second time and bake one hour. Mrs. Alex Joseph.

Nashville, Tenn.

Salt Rising Bread (No. 1).

At night scald 1 cup of fresh milk, stir in enough meal to make a thick batter, sprinkle dry meal over the top, and set it in a warm place overnight. Next morning add 1 pint of warm water, ½ teaspoonful of

salt, thicken it with flour, pour it into a suitable vessel (stone is best, but a fruit jar will do), and set it in a vessel of warm water, which must be kept at a regular temperature. After setting one hour, if water rises on top of the yeast, stir in a little more flour. When it rises have ready the quantity of flour you wish to make (about 4 quarts of sifted flour, or more if you wish); mix with it ½ cup of sugar, ¾ cup of lard, 1 teaspoonful of salt; pour in the yeast and mix into a soft dough with warm water and milk mixed half and half, or all warm water, if you have no milk. Knead well, make into loaves, put into well-greased pans, grease the top of bread to keep it from hardening, set it in a warm place to rise, bake in a moderately hot oven. When done wrap it up to keep it moist.

Salt Rising Bread (No. 2).

Take 1 cup of new milk, let it boil, then stir in 2 tablespoonfuls of meal, set it where it will keep warm enough to lighten. Next morning thin with warm water and add 2 or 3 tablespoonfuls of flour, ¼ teaspoonful of salt; set it in a warm place, and it will rise quickly. Take 2 quarts of flour, 1 tablespoonful of lard, 1 teaspoonful of salt, mix with the yeast and warm milk enough to make a tolerably soft dough, and knead well. Grease the pan well, put in the bread and grease it on top, set it in a warm place to lighten, and when it is quite light put it to bake. You can make this rising in the morning if you want it warm for supper.

Nashville, Tenn. Mrs. Johnella Corbett.

Salt Rising Bread (No. 3).

Scald and skim 1 pint of new milk; to this add 1 pint of warm water; let the milk and water be pretty warm. Put this mixture in a half-gallon pitcher, then add enough sifted flour to make the consistency of cake batter, then add 2 tablespoonfuls of sifted stock meal, 1 level teaspoonful of coarse salt, 3 teaspoonfuls of granulated sugar, beat all well together, set the pitcher in a pot with enough warm water to come above the yeast in the pitcher, cover it all with a folded towel, and keep it the same temperature until the yeast rises to the top of the pitcher. Make this yeast about seven o'clock in the morning; look at it about twelve o'clock, and, if much water has risen on top, pour it off, and add 1 tablespoonful of sifted meal. When the yeast is ready take about 3 quarts of sifted flour, add 1½ teaspoonfuls of salt, 1 large kitchen spoonful of sweet lard, mix it well into the flour, then pour in the yeast and work together rapidly, so the bread will not get cold; rinse the yeast from the pitcher with some quite hot water and add to the bread to make it soft enough, knead well until it is smooth; have your pans well greased and warm, make the bread into loaves or rolls as desired, place it in the pans, grease it on top with a little melted lard, and set it in a warm place to rise. When it has risen twice its size it is ready to bake. I have never failed in making this bread. Mrs. Fannie F. Helms.

Nashville, Tenn.

Salt Rising Bread (No. 4).

The evening before baking take 1 cup of meal, a pinch of soda, 1 teaspoonful of sugar, scald (not

boil) 1 cup of fresh milk, mix it while hot with the meal, and sprinkle dry meal over the top. Set it in the oven after it is about cold (or some warm place) overnight. Then take 1 pint of warm water, 1 pint of warm, fresh milk (or all warm water will do), mix and pour it into the batter prepared the evening before; then mix with flour into a stiff batter. Set the vessel that contains the batter in a vessel of warm water, kept at the same temperature, and the sponge will rise in a short time. When well risen do not add more water, but have ready a pan of flour, ½ cup of lard, 1 teaspoonful of salt, a little sugar if you like, and mix it together with the yeast into a smooth dough; knead well. Make into loaves, put into well-greased pans, grease the top of bread, and set it in a warm place to rise. Bake in a moderately hot oven.

Rolls.

In kneading yeast dough for the day's baking, after working in the risen sponge set aside enough for tea rolls, work into this 1 tablespoonful of butter or lard, and let stand in a mild place three or four hours. Knead it down, let stand three hours longer, make into rolls, put them in a greased pan, let rise, and bake steadily about half an hour.

French Rolls.

Warm 1 cup of sweet milk, add 1 tablespoonful of butter, 1 teaspoonful of salt; when cool add ¼ cake of compressed yeast dissolved in a little warm water, 1 beaten egg, a little sugar, 1 pint of flour, beat well, set it in a warm place to rise; when light knead with more flour, form into rolls, put them in a greased pan, grease top of rolls, let rise, and bake.

Swiss Lips.

Make a sponge of 1 cup of sweet milk boiled and cooled, 1 egg, a piece of compressed yeast as large as the end of the thumb dissolved in the milk after it is cool, 2 tablespoonfuls of sugar, 3 pints of flour. Add sufficient flour to make a batter stiff enough to drop off a spoon, put into a bucket, cover, and set in a warm place to rise. Set this sponge by nine o'clock in the morning. After the sponge has risen take balance of the 3 pints of flour, a lump of butter size of an egg, ½ teaspoonful of salt, rub well together, pour in the sponge, work it well with the hands, have as stiff as biscuit, return it to the bucket, and set it in a warm place to rise again, which it will do in about 2 hours. Then put it on the biscuit table, work it, and roll about ½ inch thick, melt 1 teaspoonful of butter and rub on top of the dough, fold it over, and cut as for biscuit; place 1 inch apart in the pan, set it to rise again, which will take only a few minutes, then bake quickly.

Nashville, Tenn. Mrs. D. H. McGavock.

Light Rolls.

Scald 1 cup of sweet milk, let cool, stir in ¼ cake of compressed yeast dissolved in warm water, a little salt, beat in flour (with a pinch of soda sifted in it) enough to make a stiff batter, let it stand overnight or until light and spongy. Then sift more flour with another pinch of soda sifted in it, work in lard and salt as for biscuit, then work it into the sponge, knead well, make into rolls, put them in a greased pan, grease the top of rolls, let rise, and bake right away. Or you can let it stand for some

time before making into rolls, and have them for dinner or tea, just as you choose.

Parker House Rolls (Unfermented).

These rolls are made with baking powder. Stir in 1 quart of sifted flour, 3 large teaspoonfuls of baking powder, 1 tablespoonful of cold butter, 1 teaspoonful of salt, 1 teaspoonful of sugar, 1 egg well beaten; rub all well into the flour, pour in 1 pint of cold sweet milk, mix up quickly into a smooth dough, roll it out less than ½ inch thick, cut with a large biscuit cutter, spread soft butter on the top of each, fold one half over the other by doubling it, lay them apart on greased tins, rub a little sweet milk on the top to give a glaze, bake in a pretty hot oven.

Dixon Springs, Tenn. Nannie Alexander Denny.

Tea Rolls.

Two quarts of flour, into which rub a large teaspoonful of lard, 1 pint of cold boiled milk, ¼ cup of sugar, ½ cup of yeast; make a hole in the flour, pour in the liquid, and let it rise overnight. In the morning knead and let it rise until noon; then knead and roll out, cut out with a round cutter, and butter one-half; turn the other half over on it, and let it rise until tea time. Bake in a quick oven.

Chestnut Bluff, Tenn. Mary C. Worrell.

Rusk (No. 1).

One-half pint of milk, 1 tablespoonful of butter, 1 cup of sugar, 1 cup of yeast, 3 eggs well beaten, and flour enough to make a stiff dough; when light knead and let rise again in the pan in which it is baked. Splendid. Mrs. Robert Purdy.

Henderson, Tenn.

Rusk (No. 2).

Make a sponge of 2 cups of warm milk, ½ cake of compressed yeast, and flour enough for a thin batter; let it rise overnight. In the morning add, beaten together, ½ cup of butter, 1 cup of sugar, 3 beaten eggs, a little salt, and flour enough to make a soft dough; mold it into small balls with the hands, put them in a greased pan, let rise, and bake.

Baking Powder Rusk.

Sift together 3 cups of flour, 3 teaspoonfuls of baking powder, 1 teaspoonful of salt, 3 tablespoonfuls of sugar. Rub in 2 tablespoonfuls of butter, add 3 beaten eggs, mix it into a soft dough with 2 small cups of sweet milk, make into small rolls, put them in a greased pan, rub the tops with sugar moistened with a little water. Bake right away in a moderately quick oven.

Sally Lunn.

Three cups of flour, 1 cup of sugar, 2 tablespoonfuls of melted butter, 1 egg, 2 teaspoonfuls of cream of tartar sifted in the flour; dissolve 1 teaspoonful of soda in ½ cup of water, 1 cup of sweet milk. Mix all together, stir it briskly until the batter is perfectly smooth, pour it into two pie pans well greased with butter, set it to rise fifteen minutes, bake in a hot oven. Mix 1 spoonful of cinnamon and 3 spoonfuls of sugar and sift it over the top while hot.

Nashville, Tenn. Mrs. H. C. Shapard.

Soda Biscuit.

Put 1 teaspoonful of soda to 1 pint of buttermilk, sift flour, put in lard and salt to suit, mix the lard and flour, then pour in the milk, make a soft dough. Roll thin, cut out, and bake quickly.

Fetzerton, Tenn. M. L. Rymer.

Pulled Soda Biscuit.

Prepare the dough just as for ordinary soda biscuit, only leaving out the soda, fix this the night before, grease the dough, and let it stand overnight. Next morning pull the dough into a large, thin, flat cake, put it on the biscuit board, and sift the soda well, rub it fine in the hand, and sprinkle it over the dough; begin at one side and roll the dough up into a roll with the soda inside. Then pull it just as you would taffy, until soda is thoroughly mixed in; then roll out and cut into shapes and bake in a quick oven. Mrs. S. F. McClay.

Nashville, Tenn.

Biscuit.

Sift 1 quart of flour with 2 heaped teaspoonfuls of yeast powder, ½ teaspoonful of salt, 1 large tablespoonful of lard mixed thoroughly with the flour; make into a soft dough with clabber or buttermilk, roll thin, stick with a fork, bake brown in a quick oven. I always heat the pans, and make my own yeast powder by sifting four or five times ½ pound of best cream of tartar and ¼ pound of soda (Arm and Hammer Brand). Mrs. Griff T. Jones.

Nashville, Tenn.

Centennial Biscuit.

Sift 1 quart of flour, 1 teaspoonful of soda (not heaped) sifted with flour, a pinch of salt, a lump of lard the size of a goose egg. Mix well with good buttermilk. Mrs. E. W. Bonham.

Nashville, Tenn.

Baking Powder Biscuit.

Sift together 1 quart of flour and 3 teaspoonfuls of baking powder, ½ teaspoonful of salt, rub in 1 heaping tablespoonful of butter or lard, mix it into a *soft* dough with 2 cups of sweet milk. Make quickly, work as little as possible to handle, roll out lightly, cut ½ inch thick, bake in a quick oven.

Graham Biscuit.

Sift together 3 cups of Graham flour, 1 cup of white flour, 3 teaspoonfuls of baking powder, ½ teaspoonful of salt, 1 tablespoonful of sugar, rub in 1 heaping tablespoonful of lard, mix it into a soft dough with sweet milk, about 3 cups. Make quickly, work lightly, roll out ½ inch thick, cut, and bake in a quick oven.

Sweet Potato Biscuit (No. 1).

Boil or steam 2 or 3 potatoes until soft, peel, and mash them smooth, add ½ cup of sugar, 2 beaten eggs; sift together 4 cups of flour, 1 teaspoonful of soda, ½ teaspoonful of salt, rub in 1 tablespoonful of lard, also the mashed potatoes, sugar, and eggs, mix it into dough with buttermilk. Roll ½ inch thick, cut out, and bake.

Sweet Potato Biscuit (No. 2).

½ cup of sugar,
½ cup of butter,
2 eggs well beaten,
2 cups of sweet potatoes mashed,
1 cup of buttermilk,
1 cup of liquid yeast,
1 quart of flour,
½ teaspoonful of soda.

Make into rolls, grease on top, set to rise overnight, and bake. Mrs. Thompson Anderson.
Nashville, Tenn.

Beaten Biscuit (No. 1).

Sift 1 quart of flour, 1 teaspoonful of salt, a pinch of soda; mix well into this 2 heaping tablespoonfuls of lard, (or 1 spoon of lard and 1 spoon of butter). Make into a stiff dough with *cold* sweet milk, (or *cold* water and milk mixed), can use all *cold* water but they do not brown so nicely. Beat it until the dough blisters, the more and quicker the better; sprinkle in more flour as you beat. Roll ½ inch thick, cut the size desired, stick with a fork, and bake slowly.

Beaten Biscuit (No. 2).

One quart of flour, 1 teaspoonful of salt, 1 egg, 1 tablespoonful of lard, and 1 tablespoonful of butter. Mix up these ingredients with skimmed milk, work them well together, and beat fifteen minutes. Stick with a fork and bake quickly. Mrs. C. W. McG.
Franklin, Tenn.

Wafers (No. 1).

Make into a stiff dough 4 cups of flour, 2 tablespoonfuls of butter, a little salt, with sweet milk. Roll very thin, cut into round cakes, roll these as thin as can be handled, flour a baking pan, do not grease it, lay the wafers in, and bake quickly.

Wafers (No. 2).

4 spoonfuls of flour,
4 spoonfuls of sugar,
4 spoonfuls of cream,
1 spoonful of butter,
Season to taste with lemon or vanilla.

Prepare as for pound cake. Bake in wafer irons, rolling them hot. Mrs. C. W. McG.

Franklin, Tenn.

Lemon Crackers.

1 cup of butter,
2 cups of sugar,
1 cup of sweet milk,
2 eggs well beaten,
2 tablespoonfuls of baking ammonia,
5 cents' worth of oil of lemon.

Beat the butter and sugar together, add the eggs, some flour, then the lemon, etc. Work in enough flour to make as stiff as can be worked and beat as in making beaten biscuit; roll very thin and cut as making other crackers. Miss Glass.

Brownsville, Tenn.

Cream Muffins.

Beat 3 eggs very light, add 2 cups of milk, a little salt, 1 tablespoonful of melted butter or lard, lastly stir in lightly 2 heaping cups of flour sifted with 1 teaspoonful of baking powder. Bake immediately in well-greased rings half filled with the batter.

Fine Muffins.

Sift together twice 4 cups of flour, 1 tablespoonful of sugar, 1 teaspoonful of salt, 2 teaspoonfuls of baking powder; rub in 1 tablespoonful of butter or

lard, add 3 *well-beaten* eggs, 3 cups of sweet milk. Mix quickly into a smooth batter a little thicker than for batter cakes, bake in well-greased rings two-thirds full of batter fifteen or twenty minutes.

Plain Muffins.

Beat 1 egg, add 1 tablespoonful of sugar, 1 tablespoonful of butter, a little salt, beat until very light; add 1 cup of milk, 3 cups of flour sifted with 2 teaspoonfuls of baking powder. You can use one-half Graham flour or 1 cup of meal mixed with the white flour. Or you can use 1 cup of buttermilk with 1 teaspoonful of soda dissolved in it to make batter, instead of sweet milk and baking powder.

Popovers.

2 eggs well beaten,
2 cups of sweet milk,
2 cups of flour,
Pinch of salt,
1 teaspoonful of lard.

Mix very light, bake in muffin rings. This will make 1 dozen muffins.

Graham Gems (No. 1).

1 egg well beaten,
2 cups of Graham flour,
1 cup of white flour,
1 pint of buttermilk,
1 tablespoonful of lard,
1 level teaspoonful of soda.

Nashville, Tenn. Mrs. Stewart Kirkpatrick.

Graham Gems (No. 2).

Sift together 2 cups of Graham flour, 1 cup of white flour, 2 teaspoonfuls of baking powder, 1 tablespoonful of sugar, a little salt. Mix it into a thin batter with 1 well-beaten egg and sweet milk, adding a little melted lard. Bake in greased gem irons in a hot oven.

Boston Brown Bread (No. 1).

2 cups of meal,
1 cup of flour,
1 cup of molasses or sorghum,
1 cup of buttermilk,
1 tablespoonful of soda,
A pinch of salt.

Beat the soda and molasses together, then add the buttermilk, sift the meal and flour together. Then stir all together, pour it into a buttered pan with a buttered paper in bottom to prevent sticking. Steam three hours, dry it off in the oven, and serve hot. You can cook this while cooking dinner, and warm it over in the steamer for supper.

Boston Brown Bread (No. 2).

2 cups of sour milk,
2 cups of Indian meal,
1 cup of molasses,
1 cup of rye or Graham flour,
1½ teaspoonfuls of soda, sifted with
½ cup of white flour,
1 teaspoonful of salt.

Mix the molasses and sour milk, stir in the meal and flour, pour it into a buttered pan, steam three hours,

set it in the oven, and bake twenty or thirty minutes.

JENNIE BAIN.

Fetzerton, Tenn.

CORN LIGHT BREAD (No. 1).

Boil ½ gallon of water, and pour into it meal made thin with water until a stiff mush is made; after cooking it about five or ten minutes remove from the fire and let cool slightly. Then pour in cold water until it is perfectly thin, salt a little, then stir in meal with 1 cup of flour until it is nearly as stiff as bread dough; cover all with a coat of dry meal and put it in a warm place to rise. This I make at night, and by morning it is ready for baking. Stir it well in the morning, add sugar and molasses until it is a little sweet. Bake in a quick oven.

Rome, Tenn. MRS. J. A. RUTLAND

CORN LIGHT BREAD (No. 2).

Take the quantity of meal that you want to make into bread and with hot water (but not hot enough to scald the meal) make it about as stiff as you would corn bread; put it in a covered vessel and set it in a warm place until it gets spongy and light; let it stand overnight if you want to bake the bread in the morning. Then put in salt and soda as for corn bread, sweeten it a little with sugar or molasses, put it into a well-greased pan, and bake; it will rise as it bakes. Meal made in the country by water mills is much better than that made in cities, and makes much better bread.

Corn Light Bread (No. 3).

One quart of warm water to 1 pint of Graham flour, add enough corn meal to make a stiff batter; let this set all night. Next morning make it, adding meal and warm water to make as large a loaf as desired. Bake in a moderately hot oven.

Cookeville, Tenn. Mary E. Hinds.

Johnnycake.

Mix 1 cup of sweet milk, 1 cup of buttermilk, 1 teaspoonful of salt, 1 tablespoonful of melted butter or sweet lard, 1 teaspoonful of soda, add enough sifted corn meal to make dough stiff enough to roll into a sheet ½ inch thick. Spread it on a buttered tin or shallow pan and bake forty minutes; as soon as it begins to brown baste it with a rag tied to a stick and dipped in melted butter. Baste it five or six times, until it is brown and crisp. Break or cut up, and serve for tea or luncheon. Or have a clean oak board, wet it with cold water, spread the dough on it, place the board in front of a hot fire, slanting it so that the cake will not fall off, until it has cooked a little, and then place it upright. Baste it several times with melted butter until it is nicely browned.

Egg Bread.

Sift 2 cups of corn meal with 1 teaspoonful of soda and a little salt, mix into a thin batter with buttermilk, stir in 1 teaspoonful of melted lard, and add 2 eggs. Beat *hard* two minutes, pour it into a smooth, hot, well-greased pan, in which a little dry meal has been sprinkled, and bake quickly. Can bake it in muffin rings. Serve hot.

Fine Egg Bread.

One quart of meal, 1 teaspoonful of soda, make stiff with sour milk and thin with warm water, add 2 eggs, and a little salt. Mrs. C. W. McG.

Franklin, Tenn.

Muffins.

Sift together 2 cups of meal, 1 cup of flour, 1 tablespoonful of sugar, 1 teaspoonful of salt, 3 teaspoonfuls of baking powder, mix into a batter with 2 beaten eggs, 2 cups of sweet milk, add 1 tablespoonful of melted butter or lard. Bake in buttered muffin rings.

Corn Bread.

Beat 3 eggs *thoroughly*, add 2 tablespoonfuls of sugar, 1 teaspoonful of salt, 2½ cups of sweet milk, 1 tablespoonful of melted lard; sift together 2 cups of meal, 1 cup of flour, 2 teaspoonfuls of baking powder, stir it into the eggs, etc. *Beat hard*, put it into a hot, greased pan, bake quickly. Serve hot.

Good Corn Bread.

One pint of meal, 1 dessert-spoonful of lard, salt, a pinch of soda, and 1 cup of buttermilk. Have just thick enough to make into pones. It must look smooth. It is better if mixed half an hour before cooking. Mrs. S. A. C.

Nashville, Tenn

Hoecake.

Sift 2 cups of meal and ½ teaspoonful of salt, mix it with sweet milk and water, bake quickly on a hot greased griddle on which has been sprinkled a little dry meal. Serve hot.

Pone Corn Bread (No. 1).

Sift 1 quart of meal, make into soft dough with cold water, add a little salt and melted lard, bake in small pones on a hot, greased griddle inside of the stove. Serve hot. Or sift with the meal 1 scant teaspoonful of soda, make into soft dough with buttermilk, add a little salt and melted lard, and bake in small pones as directed.

Pone Corn Bread (No. 2).

Sift 1 quart of pearl meal, 2 teaspoonfuls of salt; lard size of an egg. Pour on this 1 pint of boiling water, ½ pint of sweet milk; thin it with cold water, make into small pones; cook on a greased griddle in a hot oven. Aunt Martha.

Nashville, Tenn.

Aunt Dinah's Ash Cake.

Mix as for pone corn bread, sweep clean a place on the hearth, put the bread down on it, cover it with hot wood ashes; when done wash it while hot and wipe it dry with a cloth. Or put the dough in clean shucks and bake it in the hot ashes.

Apple Bread.

Sift together 1 quart of meal, 1 teaspoonful of soda, ½ teaspoonful of salt, make into soft dough with buttermilk, add 1 cup of finely chopped apple, 1 tablespoonful of sugar, and bake in small pones.

Pumpkin Bread.

Sift together 1 quart of meal, 1 teaspoonful of soda, ½ teaspoonful of salt; make into soft dough with buttermilk, add 1 cup of stewed pumpkin and 1 tablespoonful of sugar; bake in small pones.

Crackling Bread.

Sift together 1 quart of meal, 1 teaspoonful of soda, ½ teaspoonful of salt, make into soft dough with buttermilk, add 1 cup of nice, crisp minced cracklings; bake in small pones.

Mush.

Put 1 quart of fresh, clear water in a clean stew-pan over the fire, cover it, and let come to a boiling point, add 1 teaspoonful of salt and take off the scum from the top. Have fresh sweet meal sifted, take a handful of meal in one hand and a spoon in the other, stir the water around with the spoon, and *sprinkle* in the meal by degrees. Continue to stir and sprinkle in the meal until it is smooth and thick. Let it cook gently half an hour, stirring it now and then until done. Serve hot with butter or cold with milk.

Mush Bread (No. 1).

Make a small quantity of mush, quite thick, stir in a little sweet milk, 2 eggs well beaten, a little salt, heat the pan, grease it, pour in the bread and bake it quickly. Add a little flour if you want to bake it in little cakes like batter cakes. Serve immediately.

Mush Bread (No. 2).

Put 1 pint of sweet milk in a saucepan; when it comes to a boil make a thin mush with corn meal, cook it done, set aside to cool. Beat in one egg at a time till you have put in 3, add a piece of butter size of an egg, a little salt; bake in a deep dish. Serve as soon as baked. Maggie M. Webber,

Nashville, Tenn.

Fried Mush.

Slice cold mush, dip it in flour, and fry in hot butter and lard mixed; turn it and brown both sides nicely.

Oat Flakes.

Put in a double saucepan 1 quart of boiling water, add ½ teaspoonful of salt, let boil; stir in gradually 1 cup of flakes, and stir it well to keep from burning; let boil twenty minutes. Serve with butter or cream and sugar.

Oatmeal.

Soak 1 cup of oatmeal in 1 quart of water, salt to taste, boil it in a double vessel half an hour or more; or steam it, starting it over cold water.

BATTER CAKES, WAFFLES, AND TOASTS.

HAVE all material on the table measured and ready. Let quickness be the rule. Beat briskly, mix just as you are ready to send cakes to the table (except when yeast is used), bake, turn, and serve promptly. Griddle must be perfectly clean and wiped dry with a cloth before you place it on the stove; when warm grease it with fat salt pork stuck firmly on a fork. Do not put on more grease than is absolutely necessary to prevent the cakes from sticking. The fat should be hissing hot when the batter is poured in. Be sure that the cake is done before you turn it, as a twice-turned "griddle" is spoiled. Always lay hot cakes and waffles upon a hot plate as soon as baked. Toast should be made of stale bread, or at least of bread that has been baked a day.

Waffles (No. 1).

Sift together 3 cups of flour, ½ cup of meal, 1 teaspoonful of soda, a little salt; beat 3 eggs very light, add 2 cups of buttermilk, a little melted lard, and stir in the flour. If batter is too thick, put in more milk. Heat the waffle irons, grease them, and fry the waffles brown on both sides. Place on a hot plate and serve immediately.

Waffles (No. 2).

Sift together 4 cups of flour, 3 teaspoonfuls of baking powder, 1 teaspoonful of salt, 1 teaspoonful of sugar; add 1 tablespoonful of melted butter, 2 cups of sweet milk, 6 well-beaten eggs; heat and grease the waffle irons, put in the batter, and bake brown on both sides. Serve as fast as baked.

Waffles (No. 3).

Sift 1 quart of flour in a bowl, add a little salt, yolks of 2 eggs, 1 tablespoonful of melted butter, and enough buttermilk to beat it with; beat it very hard. Just before baking add 1 cup of buttermilk with 1 teaspoonful of soda; lastly add whites of the eggs well beaten. Bake very quickly.

Nashville, Tenn. Mrs. Thompson Anderson.

Light Waffles.

To 1 quart of flour add 1 pint of warm (not hot) corn meal mush, salt to taste, 7 eggs beaten light separately, 1 cup of sweet cream, and fresh milk enough to make a thin batter. Stir cream and beaten yolks into the mush, add the flour and fresh milk, stir it well until perfectly smooth. The whites beaten stiff should be added just before cooking. The batter should be as thin as buttermilk, and waffle irons well heated and greased. *Raw meal* will not do; it must be made into mush, eggs beaten light, and the batter thin. Mix exactly by receipt, and you will have *nice* waffles.

Rice Waffles.

To 2 cups of milk add 1 cup of boiled rice, 2 well-beaten eggs, a little salt, butter the size of a walnut,

2 teaspoonfuls of baking powder, sifted in enough flour to make a thin batter.

Buckwheat Cakes.

Sift together 2 cups of buckwheat flour, 1 cup of white flour, 3 teaspoonfuls of baking powder, a little salt, mix together with sweet milk or water enough to make a soft batter. Bake at once on greased griddle; put them on a hot plate and serve.

Raised Buckwheat Cakes.

Mix well into a stiff batter with warm water or milk 3 cups of buckwheat flour, 1 cup of meal, a little salt, 2 tablespoonfuls of molasses, ½ cup of yeast or ½ cake of compressed yeast dissolved in a little tepid water. Set it to rise overnight; in the morning stir in ½ teaspoonful of soda dissolved in hot water.

Sweet Milk Batter Cakes.

Sift together 3 cups of flour, ½ cup of meal, 3 teaspoonfuls of baking powder; beat 3 eggs and add to 3 cups of sweet milk 1 tablespoonful of melted butter, 1 teaspoonful of salt. Mix into a smooth batter, bake on a hot, greased griddle, browning both sides.

Sour Milk Batter Cakes.

Make batter of 2 cups of sour milk and flour, 2 well-beaten eggs, ½ teaspoonful of salt, 1 tablespoonful of meal, 1 tablespoonful of melted butter or lard, 1 teaspoonful of soda dissolved in water added last. Bake on a hot, greased griddle; brown both sides.

Biscuit Batter Cakes.

Soak cold biscuit in cold water until soft, drain, and mash them; use 2 cups of mashed bread and 1 cup of flour made into a batter with 2 beaten eggs, 1 cup of sour milk, 1 teaspoonful of soda dissolved in water, a little salt; if the batter is too thick, add a little more milk. Or you can use sweet milk and baking powder instead of sour milk and soda.

Bread Crumb Batter Cakes.

Mix 3 cups of milk, 2 cups of stale bread crumbs, smooth, stir in 1 tablespoonful of melted butter, 3 well-beaten eggs, ½ teaspoonful of salt, ½ cup of flour, or enough to bind the mixture. If too thick, add more milk.

Graham Flour Batter Cakes.

Sift together 2 cups of Graham flour, 1 cup of white flour, 2 teaspoonfuls of baking powder, 1 teaspoonful of salt, add 3 well-beaten eggs, 1 tablespoonful of melted butter or lard, 3 cups of sweet milk.

Famous "Beckwith" Batter Cakes.

1 teaspoonful of soda,
1 quart of fresh buttermilk,
1 tablespoonful of melted lard,
1 teaspoonful of salt,
2 eggs.

Add enough meal to make a batter that will mold itself as it drops from the spoon—that is, the batter should not be so thin that it will run, or so thick that you will have to spread it with a spoon. Sometimes fresh buttermilk may be too sour; that will

have to be corrected by adding a little more soda. Test the batter by dropping a little on griddle to see if there is enough soda or not. The bolted meal of cities is not as good as sifted country meal.

Corn Meal Batter Cakes (No. 1).

In a dry pan sift 1 teaspoonful of soda, pour on this 1 pint of buttermilk, put in enough meal for a thick (but not stiff) batter; add 1 egg, melted lard size of walnut, 1 teaspoonful of salt; stir just enough to mix. Grease the griddle slightly.

Nashville, Tenn. Mrs. Shade Murray.

Corn Meal Batter Cakes (No. 2).

Pour boiling water on 2 cups of sifted meal, mix with 1 cup of flour, add a little melted lard, ½ teaspoonful of salt, 3 well-beaten eggs; thin it with 1 cup or more of sour milk, beat till light. Add 1 teaspoonful of soda dissolved in water. You can use sweet milk and baking powder instead of sour milk and soda.

Mush Batter Cakes.

Sift meal and make mush; while hot add to 2 cups of mush a lump of butter size of an egg, stir in a little flour, salt, and well-beaten yolks of 3 eggs. Have the griddle very hot, just before baking add the stiff-beaten whites of the eggs, grease the griddle, and bake quickly.

Toast.

Take bread that has been baked at least one day, cut smoothly in slices ½ inch thick, butter each slice evenly with soft butter, put them in a pan in the oven until the bread is *hot* through; serve immediately.

Milk Toast.

Put over the fire 2 cups of sweet milk; when hot add 1 tablespoonful of butter rubbed with 1 teaspoonful of flour and a little of the hot milk, let boil up, and remove from the fire. Have ready nicely browned slices of bread, dip each slice in the hot mixture; when all have been dipped pour what is left of the scalded milk over the toast. Cover, and send to the table hot.

Egg Toast.

Make nice buttered toast, put on each piece a poached egg, or have soft-boiled eggs and break one on each slice; sprinkle with salt and pepper. Serve hot.

Oyster Toast.

Prepare bread as for milk toast, also the milk; just before taking the milk from the stove put in the oysters, just long enough to get hot; put slices of toast on individual dishes, pour over them the hot milk and oysters. Serve hot.

Cheese Toast.

Toast slices of bread; cover them lightly with grated cheese; make a cream of 2 cups of milk and 1 tablespoonful of flour; the milk should be hot and the flour mixed in a little cold milk or water before stirring it in. When the cream is nicely cooked season it with salt and butter, set the toast and cheese in the oven for three or four minutes, then take it up and pour the hot cream over it. Serve hot.

Croquettes, Patties, and Sandwiches.

CROQUETTES make a delicious supper dish or can be used for dinner. They are made of chicken, oysters, veal, or any kind of meat desired. They are also made of potatoes, rice, hominy, etc.

To Fry Croquettes.

Roll crackers until you have enough *fine* crumbs or use fine, stale bread crumbs; spread these on a large plate, beat 1 or 2 eggs in a bowl, and form the croquettes. Have ready over the fire a kettle containing 2 or 3 inches of boiling lard. As fast as the croquettes are formed roll them in the crumbs, then dip them in the egg, roll in the crumbs again, place them carefully in a frying basket, and place in the boiling lard so they are covered. Let remain one or two minutes until a light brown.

Chicken Croquettes (No. 1).

Boil your fowl well, chop as fine as possible, add salt, pepper, a little mace, ginger, and mustard, or a little chowchow pickle well drained. Add 4 beaten eggs, a little flour, and bread crumbs. Stew all together a few minutes, and when cool make into cone-shaped balls, roll in pulverized cracker crumbs, and fry in hot lard. For the fowl you can substitute any cold meat. Mrs. C. W. McG.

Franklin, Tenn.

Chicken Croquettes (No. 2).

About 1 cup of finely cut chicken (boiled or roasted) to 1 cup of sifted bread crumbs, 1 beaten egg, pepper and salt, and enough stock, gravy, or drawn butter to moisten. Make with floured hands into pear-shaped balls, roll in beaten eggs and crumbs, and fry. Or put 1 cup of cream or milk in a saucepan over the fire; when it boils up add 1 tablespoonful of butter mixed with 1 tablespoonful of flour. When it thickens take it from the fire, let it cool, season with pepper, salt, and very finely minced onion and parsley, add 1 cup of fine bread crumbs, 2 cups of finely cut cooked chicken, 2 beaten eggs; form with floured hands, fry, and lay them on brown paper to absorb the grease. Use turkey the same way.

Chicken Croquettes (No. 3).

Put the chicken to boil in enough water to cover it; when well done pick it to pieces and mince it very fine. Take the water in which the chicken was boiled, to this add ½ pound of butter, ½ teaspoonful of Cayenne pepper, 2 oily nutmegs grated, a good-sized bunch of parsley finely minced, 1 red onion grated, 1 tablespoonful of celery seed, 1 tablespoonful of dry mustard, 2 tablespoonfuls of sugar, 4 eggs well beaten. Put this on the stove, adding the ingredients as above; put into this mixture as many bread crumbs as chicken minced, let it come to a good boil, stir in the chicken, and cook until real thick. Put it in a cool place to cool, mold into shape, rolling in well-beaten eggs and bread crumbs; fry in hot lard. Put to drain on brown

paper; when ready to use slip them for a few minutes in a hot oven. MRS. BYRD MURRAY.

Nashville, Tenn.

FISH CROQUETTES (No. 1).

Use of cold cooked fish 2 cups minced fine, 2 cups of bread crumbs or 2 cups of hot mashed Irish potatoes or 1 cup of each, 1 tablespoonful of butter, ½ cup of hot milk, 1 beaten egg, pepper and salt, if desired a little chopped parsley. Mix thoroughly; when cold make into balls, dip them in egg and crumbs and fry in hot lard.

FISH CROQUETTES (No. 2).

Boil until thoroughly done about 2½ pounds of fish, red snapper for instance. Scrape off the skin and pick out all bones, putting the meat in another vessel for mixing. Stir into this meat a little over 1 tablespoonful of butter, ½ cup of pulverized cracker crumbs, 2 raw eggs, 1 cup of rich sweet milk or cream, 1 little onion grated fine, and salt and pepper to taste. Mix thoroughly with the hands, make out into cakes like biscuit or round rolls, melt some butter and grease well, sprinkle with cracker crumbs, and bake in a hot oven.

Nashville, Tenn. MISS SALLIE MCCLELLAND.

OYSTER CROQUETTES.

Mix 1 cup of chopped raw oysters, 1 cup of minced cooked veal, 1 tablespoonful of butter, ½ cup of cracker crumbs, beaten yolks of 2 eggs, 1 tablespoonful of onion juice, and moisten it with oyster liquor. Shape, dip in egg and cracker crumbs, and fry.

Meat Croquettes.

Cooked beef, shoat, veal, turkey, ham, or any kind of cooked meat can be made into croquettes. Season as desired.

Potato Croquettes.

Boil Irish potatoes and mash them; when cold use 2 cups of potatoes with 2 eggs well beaten, 1 tablespoonful of butter, salt, and pepper. Form into balls, dip into egg and crumbs, and fry. Arrange them on a dish in a pyramid and serve. Use cold boiled rice or hominy the same way, except you add a little sugar to the croquettes.

Salmon Croquettes.

Shred fine 1 can of salmon, add half as much mashed Irish potatoes and cracker crumbs, moisten it with cream or rich milk, season with salt, pepper, and butter, mold into egg shape, dip into beaten egg, roll in cracker or bread crumbs, fry a delicate brown. Fill a hot dish with enough fried Irish potatoes, sliced like straws, to represent a nest, lay your croquettes in this and serve at once.

Brownsville, Tenn. Mrs. A. W. Brockway.

Coquille.

To 1 boiled chicken add not quite 1 can of mushrooms, cut up the latter, pour off liquor, and stew in water. Make white sauce of 2 tablespoonfuls of flour, 2 tablespoonfuls of butter, and 1 tumbler of milk. Cut up the chicken, mix all together, put bread crumbs over the top, and bake in shells.

Nashville, Tenn. Mrs. S. A. C.

To Utilize Cold Meats.

Chop fine your cold meat, mix with it twice the quantity of bread crumbs, a little milk, sage, salt, and pepper. Mold into small cakes, dip in beaten egg, roll them in cracker crumbs, and fry in boiling lard. Mrs. Ellen Harrill.

Langston, Tenn.

Chicken Patties (No. 1).

Mince fine cold chicken, either boiled or roasted, season it with pepper and salt, a little minced parsley and onion. Make a dressing of ½ cup of butter to 1 chicken, 1 teaspoonful of celery seed, salt, and pepper; mix it thoroughly with the chicken prepared as above. Line patty pans with very rich pastry, put in the mixture, and bake to a light brown in a hot oven. Mrs. Byrd Murray.

Nashville, Tenn.

Chicken Patties (No. 2).

Mince fine the white part of cold chicken or turkey, mince some cold boiled eggs and a little ham (or not, as you like). Mix together and moisten it with cream or butter, season with salt and pepper; have ready some puff-paste shells that have been baked in patty pans, set the shells on a hot dish and fill them with the mixture, sprinkle with bread crumbs on top, and brown lightly.

Veal Patties.

Chop some cold cooked veal and ham, season it with salt and pepper, add a few crumbs, moisten it with gravy or add a little butter and milk and beaten egg, and let boil up once. Place the shells on a hot dish, fill them with the mixture, sprinkle on top with crumbs, and brown lightly.

Ham Patties.

Mince 2 cups of cooked ham, mix it with 2 cups of bread crumbs, moisten it with milk, season, put the batter in greased gem pans, break 1 egg over each, sprinkle the top thickly with cracker crumbs, and bake until browned over. Or put 1 egg in the mixture and use shells as for other patties.

Oyster Patties.

Put the oysters in a saucepan with a little liquor, butter, pepper, salt, a little flour, 2 or 3 spoonfuls of cream, and let it come to a boil. Have shells ready, and proceed as for other patties. Serve *hot*. If you want closed patties, do not cook the mixture, but line the patty pans with pastry, fill them with the mixture, cover them with pastry, and bake until brown.

Ham Sandwiches.

Slice bread thin, trim off the crust, unless quite tender, butter them, lay between every two slices a thin slice of cold boiled ham, spread the meat with a little made mustard if you like. Or grind the ham, take yolks of hard-boiled eggs, squeeze them through a potato masher, mix them with the ground ham, add enough butter to make it spread nicely, if liked add a pinch of Cayenne, black pepper, and a little mustard. Cut the slices of bread, then cut them with a round cutter, leaving off all the crust, spread them with the mixture and fit together nicely. Quite nice for picnics.

Ham and Chicken Sandwiches.

Mince boiled ham and an equal portion of cold chicken, put into a saucepan, add a little butter,

chicken gravy, cream, or water to moisten, season with pepper. Stir it while it heats until very smooth, place it on a dish to cool; cut rounds of cold bread, butter one side of each, spread them with the mixture, and fit together nicely. You can use chicken without ham, adding a few celery seed if liked, or adding a little grated cheese.

Sardine Sandwiches.

Open boxes of sardines, drain off the oil, remove the sardines carefully so as not to break them, place them in hot water to free them from grease. Dry the sardines with a cloth, scrape off the skins, beat the sardines into a paste, season with pepper and salt if needed, spread between bread as for other sandwiches. Or chop the sardines fine, squeeze a few drops of lemon juice into them, spread between buttered bread or cold biscuit.

Salmon Sandwiches.

Take 1 can of salmon, season it with pepper and salt, spread it between buttered bread.

Cheese Sandwiches.

Grate $\frac{1}{4}$ pound of cheese, add the yolks of 2 hard-boiled eggs mixed with a little butter, use a little water or vinegar (if liked) to moisten, season to taste with salt and pepper and a little mustard, mix well, and spread between cold biscuit.

PASTRY AND PIES.

TO make good pastry is in itself an accomplishment. The shortening should be fresh and hard, water *cold* (ice water is best), the paste rolled on a *cold board.* A stone or marble slab is a good thing to roll paste on. You must be dexterous, for much depends on the handling. Dip the hands in *cold* water before handling pastry. Touch it as little with your hands as possible. Put into the oven quickly or set it on ice until ready to bake. Do not have the oven too hot; keep it at the same temperature as long as the pastry is in it. If you let the oven cool, the under crust will be heavy. Fruit and filling should be cold when put into crust.

Pastry (No. 1).

Sift 4 cups of flour, chop or mix lightly into it 1 cup of lard; wet it with ice water (about 1 cup) into a stiff dough, using a spoon until obliged to use your hands to make into a ball. Flour and knead into shape quickly and lightly as can be handled; flour the board or slab, place the paste on it, and roll it into a thin sheet, rolling it *lightly from you;* spread butter over it with a knife, sprinkle with a little flour, roll it up or fold it over, roll out again, spread with butter, and sprinkle with flour as before, until you have used 1 cup of butter. Then roll it out ready for the pans, grease the pans, and place the paste lightly in them, cutting the edges with a knife to fit evenly.

Pastry (No. 2).

1 egg, yolk only,
1 tablespoonful of sugar,
1 tablespoonful of cornstarch,
1 tablespoonful each of lard and butter,
1 teacupful of sweet milk,
1 teaspoonful of salt,
1 teaspoonful of baking powder,
1½ pints of flour, or enough to make a rather stiff dough.

Stir the egg, sugar, and milk together in a bowl. Mix the other ingredients with the flour, then put them into a bowl and stir as stiff as you can with a spoon; turn it out on a floured molding board, work it smooth with the hands. If the crust is for meat pies, leave out the sugar. This pie crust is crisp without being greasy. Mrs. J. J. Fleming.

Nashville, Tenn.

Puff Paste.

Sift 4 cups of flour with 1 teaspoonful of baking powder, chop into it *half* of 1½ cups of butter, stir the beaten yolk of 1 egg into ½ cup of ice water, mix into stiff dough with a spoon, put on a floured board, roll it thin, and baste it with some of the remaining butter; sprinkle it with flour, roll again, and baste as before until the butter is used up. Roll the last time very thin, fold it up, and set it on ice or in a very cold place awhile before being used in making shapes. When shapes are baked brush them with beaten white of egg and set them in the stove a minute. This paste is nice for any kind of meat or fruit patties. You can get the little shapes for baking it, which will be less trouble than forming them without.

To Ice Pastry.

To ice pastry for fruits to be spread on cold (or sweets of any kind) beat the white of 1 egg, when the pastry is about done brush it over with the egg, sift a little powdered sugar over it, set it in the oven a few minutes, and watch carefully to keep it from burning. If you desire, you can mix the sugar with the egg instead of sifting it over after the egg is brushed on.

Mince Meat Pies (No. 1).

To 1 cup of finely chopped boiled beef, add ½ cup of minced beef suet, 2 cups of sugar, ½ cup of molasses, 1 tablespoonful of butter, 1 cup of hot water, ½ cup of vinegar, 1 cup each of seeded raisins, currants, minced citron, and finely chopped apples, 1 teaspoonful each of ground cinnamon and allspice, ½ teaspoonful each of grated nutmeg and ground cloves, a pinch of salt. Mix together well and let boil a few minutes, stirring it as it cooks. Bake on rich pastry with top crust.

Mince Meat Pies (No. 2).

To ½ cup of finely chopped boiled beef add ½ cup of fine bread or cracker crumbs, 1 cup of sugar, ½ cup of butter, ½ cup of jelly, 1 cup of hot water, 1 cup of finely chopped apples, ½ cup each of seeded raisins, currants, and minced citron. Add spices to suit the taste—about ½ teaspoonful of each—or leave out if you wish. Mix together and let boil a few minutes stirring it well. Bake on pastry with strips of pastry across the top, or in patty pans lined with pastry, without a top crust of any kind, and sprinkle sugar over the tops while they are hot.

Mock Mince Pies.

2 cups of cracker crumbs,
1 cup of good molasses,
2 cups of sugar,
1 cup of cold water,
½ cup of apple vinegar,
1 cup of seeded raisins,
1 cup of currants,
1 cup of citron minced fine,
¾ cup of melted butter,
2 large apples peeled and chopped fine.

Boil all together a few minutes, take it from the fire, add the spices, cinnamon, cloves, nutmeg, and a little salt. If too thick, add a little more water. Bake on pastry with strips of pastry across the top. As good as any mince-meat I ever ate, and very little trouble to prepare.

Raisin Pie.

To 1 pound of seeded raisins use 1 pint of good molasses, 2 cups of sugar, 4 eggs, 2 large tablespoonfuls of flour, 1 good-sized apple chopped fine, 1 cup of vinegar, and 2 tablespoonfuls of ground spice. This makes 4 pies. Mrs. Len F. Davis.

Nashville, Tenn.

Sliced Apple Pie.

Peel, core, and slice thin, tart apples enough for a pie, line a pie dish with pastry, put in sliced apples, sprinkle heavily with sugar, a little flour, cinnamon or spice, and bits of butter. Pour in enough water to make it juicy, cover it with a top crust, stick it with a fork, and bake slowly until done.

Green Apple Pies.

Grate 6 tart apples, add 1 cup of sugar, 2 beaten eggs, 3 tablespoonfuls of melted butter, a little lemon juice or vinegar, a few currants, a little spice, ½ cup of water. Line the pie plates with pastry, fill them with the mixture, and bake without an upper crust. Or stew the apples, mash them smooth, sweeten to taste; while hot stir in 1 teaspoonful of butter for each pie, season with either spice, cinnamon, or nutmeg to taste. When cool fill your crusts, crossbar the top with strips of paste, and bake. Eat cold with powdered sugar sprinkled over it. Or bake without a top crust of any kind; when done make a *meringue* of beaten whites of eggs and a little sugar for the top, spread it on, and set it in the oven a few minutes. Eat cold.

Apple Custard Pies.

To 3 cups of stewed apples when cool add 1 cup of sugar, the beaten yolks of 6 eggs, 3 cups of milk, season with nutmeg, lastly add the beaten whites, fill the crusts, and bake without a top crust.

Mock Apple Pies.

To 1 cup of fine cracker crumbs add 2 cups of cold water, 1 cup of sugar, juice of 1 lemon or 1 teaspoonful of tartaric acid, season with nutmeg; fill the paste, put on a top crust, and bake. Can use vinegar instead of the lemon or tartaric acid.

Peach Pie.

Peel and cut the peaches, stew them until tender, and sweeten to taste. Line a baking dish with pastry, put in the peaches, sprinkle with flour and bits

of butter, cover it with pastry, slit the top, bake slowly, mix together a little butter and sugar, and moisten the top crust with it while baking.

Peach Cobbler.

Line a deep baking pan with good pastry, fill it with sliced, ripe, juicy, plum peaches sweetened to taste, put on a top crust, make slits in it for steam to escape. Bake slowly. When done serve on a large flat dish. The crust will be broken in taking it out of the pan; place the crust on the dish, spread the peaches over it, sprinkle with powdered sugar, and serve, with or without sweetened cream.

Peach Meringue Pies.

Stew the peaches, sweeten them to taste, mash them smooth, season with nutmeg, fill a crust, and bake until done without a top crust. Make a *meringue* of whites of eggs beaten stiff and a little sugar, flavor with vanilla, spread it on the pie ½ inch thick, set it in the stove to brown lightly. Eat cold. Can use canned peaches.

Fruit Turnovers.

Make a nice puff paste, roll it out as for pie crust, cut out round the size of a small saucer; have the fruit stewed, sweetened, and cold; spread some of the fruit in a thick layer on half of the round of paste, wet the edges, fold it over, press the edges together with a fork. Brush them over with the white of an egg, sprinkle with a little sugar, put in a baking pan, bake briskly about twenty minutes. Turnovers made of stewed dried fruit are nice fried brown in hot butter and lard mixed; do not make the pastry quite so rich for these.

Dried Apple or Peach Pies.

To the beaten yolks of 4 eggs add 2 cups of sweet milk, ¼ cup of melted butter, thicken this with nicely stewed dried apples or peaches well mashed, sweeten to taste, season with nutmeg or cinnamon, and bake on pastry. Make a *meringue* of the whites of eggs and a little sugar for the top.

Cherry Pies.

Stew cherries in a little water until tender, sweeten to taste, line pie plates with good pastry, fill them with the cherries, add a little of the sirup, put on a top crust, stick it with a fork, and bake. Serve with cold sirup of the stewed cherries.

Berry Pies.

Berry pies are made and served same as cherry pies. Or fill pastry with alternate layers of thin slices of buttered bread and berries, and finish as directed for cherries.

Gooseberry Tarts.

Pick the stems and tops off the berries, put them in a porcelain kettle with just enough water to keep them from burning, stew slowly until done. Sweeten well, let them stew awhile longer, let cool, and bake on pastry with a top crust. Eat cold.

Cranberry Tarts.

Wash and pick over the berries and proceed as directed for gooseberry tarts.

Grape Pies.

Pop the pulps out of the skins of the grapes into a dish, put the skins into another dish, then simmer

the pulp over the fire until soft, strain it through a colander to separate from the seeds. Put the skins and pulp together, sweeten, and bake on pastry with a top crust.

Rhubarb Pies.

Skin the stalks, cut them in small pieces, wash it, and put it in a stewpan with a *very little* water, cook, mash it fine, sweeten to taste, season with a lump of butter, either cinnamon, spice, or nutmeg. Bake in pastry with a top crust or crossbars of paste over the top. When done sprinkle the top with sugar.

Tartlets or Fruit Patties.

Line *small* pie tins or patty pans with puff paste, brush each one over with white of an egg, sprinkle it with sugar (or not, as you like), and bake at once. When cold fill it with sweetened berries, fruit, or jelly. Sprinkle over each tart a little sugar, and serve with cream. Or fill the baked shells with the fruit desired, cover with a *meringue* (made of 1 tablespoonful of sugar to the white of 1 egg beaten stiff), and brown it lightly in the oven. These are delicious, and are more easily handled than large tarts. A nice addition to any meal.

Green Tomato Pie.

Take medium-sized tomatoes, wash them, cut out the stem end, peel and slice them *thin*. Have a baking dish lined with pastry, put in a layer of tomatoes, sprinkle over it 1 cup of sugar and a little flour, put in $\frac{1}{2}$ cup of butter, grate nutmeg over it, pour in 1 teaspoonful of vinegar. Put on a top crust, bake in a moderately hot oven. Serve hot. Can use ripe or canned tomatoes the same way.

Sweet Potato Pie.

Boil or steam firm sweet potatoes until not *quite* done. Line a baking dish with rich paste, peel and slice the potatoes, put in a layer, sprinkle heavily with sugar, a little flour, a pinch of salt, grate nutmeg over it, strew with bits of butter. Make two layers in this way, pour over it a little water with 1 tablespoonful of vinegar, cover with crust, and bake.

Sweet Potato Custards.

Boil or steam firm yellow potatoes until done; when cold squeeze them through a potato masher or mash them through a sieve. Cream together 1½ cups of sugar, ½ cup of butter, add to this 1 cup of mashed potatoes, 2 cups of sweet milk, 3 well-beaten eggs, season with cinnamon and nutmeg, ¼ teaspoonful of salt. Bake in pie plates lined with rich pastry or in patty pans lined with pastry; when done make a *meringue* for top. You can use the yolks of eggs for the custard and save the whites for the top, using more eggs. Let cool and serve.

Irish Potato Custards.

Mix, bake, and serve as you do sweet potato custards.

Pumpkin Custards.

Press through a sieve 1 cup of stewed pumpkin, add to this 2 cups of sweet milk, 3 *well-beaten* eggs, 1 cup of sugar, 1 tablespoonful of melted butter, season with cinnamon, nutmeg, and mace, add a pinch of salt. Beat well together; if not sweet enough, add more sugar. Bake on pastry without a top crust. If you like, you can add a little molasses and not quite so much sugar.

Cream Custards.

¼ cup of butter,
2 cups of sugar,
3 cups of sweet milk,
Yolks of 8 eggs well beaten,
1 tablespoonful of flour,
Pinch of salt,
Flavor to taste.

Make a *meringue* of the whites of eggs for the top.

Cocoanut Custards.

1 cup of grated cocoanut,
1 cup of powdered sugar,
2 cups of sweet milk,
3 eggs well beaten.

Boil the milk, take it from the fire, stir in gradually the beaten eggs; when nearly cold add the sugar and cocoanut, 1 tablespoonful of melted butter, and bake on pastry about twenty minutes.

Cocoanut Cream Pie.

Sweeten and flavor 2 cups of cream, whip it to a stiff froth, add ½ cocoanut grated, spread it on ready-baked pastry shells. Needs no cooking.

Clifton, Tenn. Mrs. C. C. Stribling.

Cocoanut Pie.

To the whites of 5 eggs beaten to a stiff froth add 1½ cups of sugar, 1 cup of melted butter, 1 quart of grated cocoanut, and enough sweet milk to thin it. Line your pans with rich crust, put in the stove, and bake a few minutes; then add the above mixture and bake without top crust. Mrs. Len F. Davis.

Nashville, Tenn.

Buttermilk Custards (No. 1).

2 cups of sugar,
½ cup of butter,
3 tablespoonfuls of flour,
5 eggs well beaten,
2 cups of buttermilk or more,
Flavor to taste.

Bake on pastry without a top crust.

Buttermilk Custards (No. 2).

2 cups of sugar,
½ cup of melted butter,
2 heaping tablespoonfuls of flour,
6 eggs beaten separately,
Buttermilk to make thin,
Flavor to taste.

Bake in bottom crusts. Mrs. Len F. Davis.
Nashville, Tenn.

Chess Pie.

Yellows of 3 eggs and white of 1 egg beat together; add 2 cups of sugar, a lump of butter the size of an egg, and 1 teaspoonful of vinegar. Beat well and bake in open crust. This is filling for one pie. Mrs. C. H. Rickman.
Algood, Tenn.

Cocoanut Chess Pie.

Boil 2 cups of sugar fifteen minutes in 2 cups of water, stir in 2 cups of grated cocoanut, boil fifteen minutes longer; while warm stir in ½ cup of butter and add the yolks of 7 eggs well beaten. Bake in patty pans lined with puff paste.

Chocolate Pie.

Filling—2 eggs,
1 cup of sugar,
1 teaspoonful of flour,
2 tablespoonfuls of milk,
As much chocolate as desired.

Union City, Tenn. Mrs. W. S. Crittendon.

Jam Pie.

Put rich pastry in pan and cook done, spread a very thin layer of jam, either blackberry or raspberry, whip up ½ cup of cream sweetened and flavored, and spread on top. Mrs. J. T. Dodd.

Nashville, Tenn.

Sugar Pie.

3 cups of light brown sugar,
½ cup of melted butter,
½ cup of cream or sweet milk,
3 eggs well beaten,
Season with lemon juice or vinegar,
Beat well and bake on pastry.

Nashville, Tenn. Mrs. Thompson Anderson.

Preserve Pie.

1 cup of sugar,
½ cup of butter,
½ cup of cream,
1 cup of acid preserves,
Yolks of 2 eggs,
Bake on pastry.

Nashville, Tenn. Mrs. Florrie Dodd.

Preserve Puffs.

Roll out puff paste very thin, cut it into round pieces, lay the fruit on each, fold over the paste, wet the edges with the white of egg, and close them. Lay them on a baking sheet, ice them, and bake about fifteen minutes.

Mrs. M. C. Starnes.
Franklin, Tenn.

Jelly Custards (No. 1).

4 eggs beaten separately,
½ cup of butter,
1 cup of sugar,
1 cup of cream or sweet milk,
1 cup of jelly,
2 teaspoonfuls of vanilla.

Cream the butter, add the sugar, then the beaten yolks, add the cream, then the jelly, and lastly the vanilla and beaten whites of the eggs. Bake on pastry. Can use 6 eggs, leaving out the whites of 3 or 4 for *meringue* for the top, if desired.

Jelly Custards (No. 2).

Beat 3 eggs separately, add 1 cup of sugar, ½ cup of butter, 1 tablespoonful of corn meal, 1 teaspoonful each of vanilla and lemon; lastly beat in ½ cup of jelly. This makes two small custards.

Nashville, Tenn. Mrs. J. H. Fullton.

Jelly Custards (No. 3).

1 cup of sugar,
1 cup of sweet milk,
3 eggs well beaten,
1 tablespoonful of melted butter,
1 cup of jelly, cherry preserves, or jam,
Beat together, flavor with lemon.

You can use surplus sirup left from any kind of pre-

serves instead of the jelly or preserves, or sweetened fruit juice of any kind will answer the same purpose.

Lemon Custards (No. 1).

2 cups of sugar,
1 cup of water,
2 tablespoonfuls of cornstarch or flour,
Yolks of 6 eggs,
1 tablespoonful of melted butter,
Juice of 2 lemons.

Bake on pastry in small pie pans or patty pans; when done cover the tops with a *meringue* made of the beaten whites and a little sugar; set them in the oven and brown nicely. Do not bake the custards too long; have them so they will run on the plate a little when cut.

Lemon Custards (No. 2).

4 eggs, whites and yolks beaten separately,
8 level tablespoonfuls of sugar,
Butter size of an egg,
Juice of 1 large lemon.

This will make two good custards.

Nashville, Tenn. Mrs. Thompson Hill.

Lemon Custards (No. 3).

One cup of sugar, 2 heaping teaspoonfuls of cornstarch, yolks of 3 eggs, juice of 1 lemon, 3 tablespoonfuls of sweet milk, 3 small pieces of butter about as large as a bird egg; put in the butter after the custard is put into the pastry. When done add the whites as a *meringue*, using 1 tablespoonful of sugar to each white. This makes one custard.

Nashville, Tenn. Mrs. Johnella Corbett.

Lemon Custards (No. 4).

Stir into 2 cups of sugar 1 heaping tablespoonful of cornstarch; add the yolks of 6 eggs well beaten, beat thoroughly, then add the juice of 2 lemons, 3 cups of water, and butter size of a walnut. Set this on the fire in another vessel containing boiling water; cook until it thickens, remove from the fire, and when it cools pour it into the pans lined with pastry, and bake. Beat the whites stiff, add 3 tablespoonfuls of sugar, spread on the top of custards, and brown them lightly in the oven.

Lemon Custards (No. 5).

2 cups of sugar,
8 eggs,
1 tablespoonful of butter,
½ cup of flour,
2 cups of water,
2 lemons.

Nashville, Tenn. — Mrs. C. H. A. Gerding.

Caramel Custards.

5 eggs beaten separately,
1 cup of sugar,
1 cup of butter,
1 cup of preserves.

This is put on crusts and cooked until done.

Brownsville, Tenn. — Miss Glass.

Molasses Custards (No. 1).

2 cups of molasses cooked half done,
½ cup of butter,
½ cup of milk,
3 eggs.
Bake on crust.

Nashville, Tenn. — Mrs. Byrd Murray.

Molasses Custards (No. 2).

2 cups of molasses,
1 cup of sugar,
6 eggs,
Butter size of an egg.

Melt the molasses, sugar, and butter together, let it cool, add the beaten eggs, bake on pastry without a top crust.

Molasses Custards (No. 3).

1 cup of molasses,
1 cup of sugar,
2 tablespoonfuls of melted butter,
4 tablespoonfuls of cream,
3 eggs well beaten.
This makes two custards.

Nashville, Tenn. Mrs. Cora Fitzhugh.

Puddings, Rolls, and Dumplings.

PUDDINGS and dumplings are either baked, steamed, or boiled. If boiled, put into a buttered mold, or dip a cloth bag into hot water, wring it slightly, and dredge the inside *thickly* with flour, put the pudding into it, tie bag firmly, allowing room for the pudding to swell; put it into boiling water, with a small plate in the bottom of the kettle to keep it from sticking. Cover it well and boil constantly, adding *boiling* water as the water gets low. When done dip it in cold water and turn it out immediately and serve. Dumplings are boiled the same way. Put them into separate cloths. To steam a pudding put it into a buttered pan (using paper on the bottom of the pan), tie a floured cloth over the top, put it into a steamer, and cover it closely. All puddings need a small pinch of salt. Baked pudding placed in a larger pan partly filled with water will not burn so easily. In making bread puddings soak the bread in cold milk or water.

Pastry for Rolls or Dumplings.

Sift 4 cups of flour with 2 teaspoonfuls of baking powder, rub into it 1 tablespoonful each of butter and lard; mix it with 2 cups of milk (or water), or enough to make a soft dough.

Velvet Pudding.

Boil 3 pints of milk, sweeten and flavor with vanilla. Dissolve 4 tablespoonfuls of cornstarch in a

little cold milk; beat well the yolks of 5 eggs, mix the cornstarch and well-beaten yolks together, stir this into the boiling milk, and let it boil until firm, like blanc-mange. Pour it into a baking dish and set it aside to cool. Beat the whites with a little sugar to a stiff froth and spread it on the top of the pudding, and set it in the stove a few minutes to slightly brown. Serve cold with cream.

Nashville, Tenn. MRS. THOMPSON ANDERSON

DANDY PUDDING.

Dissolve 1 tablespoonful of cornstarch in a little cold milk, stir this into 1 pint of boiling milk, then add yolks of 2 eggs well beaten with ¼ cup of sugar. Beat the whites of 2 eggs with ¼ cup of sugar, pour it on top, and set it in the oven to brown. Serve cold. MRS. SARAH L. INNIS.

Mont Eagle, Tenn.

SNOW PUDDING.

Soak ½ box of Cox's gelatin in 1 cup of cold water until it is soft, pour over it 2 cups of boiling water, add juice of 2 or 3 lemons, 2 cups of sugar, and a small pinch of salt. Strain it into a dish, set it away for one hour or more in a cool place, but not so cold that it will congeal. Beat to a stiff froth the whites of 4 eggs, stir them a little at a time into the gelatin, whip it all to a stiff froth, pour it into one or several molds that have been wet with cold water, and set it upon ice to congeal. Serve with a custard made of 2 cups of milk, yolks of 4 eggs, 4 tablespoonfuls of sugar, a pinch of salt, cook it in a double vessel, stirring it all the time until done. Let it get cold before using.

Whipped Cream Pudding

Split lady fingers and line a dish with them; whip 1 pint of cream sweetened and flavored. Put over lady fingers whites of 3 eggs well beaten, into which has been beaten 2 or 3 tablespoonfuls of jelly (plum, cherry, or blackberry). Put over the top the whipped cream, and finish with macaroons.

Nashville, Tenn. Susie E. Glenn.

Macaroon Pudding.

1 pint of sweet milk,
1 glass of sugar,
4 eggs beaten separately,
2 tablespoonfuls of Cooper's gelatin dissolved,
¼ pound of macaroons.

Beat the yolks of eggs with the sugar to a cream, pour in the gelatin, and beat very vigorously; then add the milk and set it on the stove until it comes to a boil; remove and let it cool. When cool stir in the stiff-beaten whites, and flavor. Into a dish pour a layer of this custard, then a layer of macaroons, alternating, until all the material is used. Set it in a cool place, and serve next day.

Chestnut Bluff, Tenn. Mrs. J. B. Parker.

New York Pudding.

4 cups of sweet milk,
4 tablespoonsful of cornstarch,
¾ cup of sugar, or sweeten to taste,
4 eggs beaten very light,
Flavor with vanilla.

Dissolve the cornstarch in a little of the cold milk. put the rest of the milk in a double vessel, heat it to

boiling, stir in the cornstarch, cook until it thickens, stirring it all the time. Take it from the fire, when it is cool add the beaten yolks of eggs and the sugar, a pinch of salt, and flavoring. Pour it into a buttered dish and bake it fifteen or twenty minutes, *just* long enough to "set" the custard. Make a *meringue* of the beaten whites and a little sugar, spread it over the top of the pudding, and brown it lightly; or wait until the pudding is *cold*, and spread jelly or peaches over it, and the *meringue* on top of it all, and set it in the oven to brown lightly. Serve cold with cream.

Queen Pudding.

1½ cups of sugar,
2 cups of fine dry bread crumbs,
5 eggs, yolks only,
1 quart of fresh rich milk,
1 tablespoonful of butter.

Bake it in a buttered pan until *just* done, put fruit over the top, cover it with whipped whites mixed with a little sugar, dry it in the oven a few minutes. Serve cold with cream.

Rice Pudding.

1 cup of rice boiled soft,
1 tablespoonful of butter,
1 cup of sugar,
4 cups of sweet milk,
4 eggs beaten very light,
Flavor with cinnamon and nutmeg,
Add ½ teaspoonful of salt.

Bake in a buttered pudding dish until *just* done; be very careful not to bake it too long. A few seeded raisins chopped fine is a nice addition to this pudding.

Cocoanut Pudding (No. 1).

2 cups of sweet milk,
½ cup of fine cracker or bread crumbs,
½ cup of grated cocoanut,
½ cup of sugar,
Yolks of 2 eggs well beaten,
Flavor to taste.

Bake about half an hour, make a *meringue* of the whites of the eggs and a little white sugar, put it over the top, and set it in the stove to brown lightly. Serve with or without sauce.

Cocoanut Pudding (No. 2).

2 cups of bread crumbs,
4 cups of sweet milk,
1 cup of sugar,
4 eggs beaten light,
1 tablespoonful of butter,
½ teaspoonful of baking powder,
1 cup of grated cocoanut,
1 tablespoonful of flour.

Bake in a buttered pudding dish about three-quarters of an hour.

Chocolate Pudding (No. 1).

Heat 3 cups of sweet milk to boiling, dissolve 2 tablespoonfuls of cornstarch in 1 cup of cold milk, stir it into the hot milk, add 1 cup of sugar, 4 tablespoonfuls of grated chocolate dissolved in a little of the hot milk. Let cook until thick, stirring it all the time. Stir in gradually 2 well-beaten eggs, let it cook 2 or 3 minutes longer, remove it from the fire,

flavor with vanilla, put it into wet molds, and set it on ice. Serve with cream.

Chocolate Pudding (No. 2).

3 tablespoonfuls of cornstarch,
3 tablespoonfuls of sugar,
3 tablespoonfuls of chocolate,
1 pint of sweet milk.

Put milk on stove to heat. Mix the sugar, chocolate, and cornstarch thoroughly together with 2 tablespoonfuls of cold milk, add this to the boiling milk, let cool until it thickens, stirring it well. Remove from stove and stir in whites of 3 eggs well beaten and turn into a mold to cool. Then take the 3 yolks and ½ cup of sugar and stir into 1 pint of boiling milk; boil until it forms a custard. Serve cold with the pudding. Mrs. Sarah L. Innis.

Mont Eagle, Tenn.

Bread Pudding.

3 cups of bread crumbs,
2 cups of chopped apples, tart,
1 cup of sugar,
1 cup of currants or jam,
2 tablespoonfuls of butter cut into bits.

Butter a pan, put in a layer of crumbs, apples, and currants and sprinkle it with sugar, a few bits of butter and cinnamon; so on until the pan is nearly full, leaving crumbs on top. Beat 2 eggs, add to enough sweet milk to moisten it all, and pour over it. (Hot water will do, if you have no milk.) Bake it in a moderately hot oven three-quarters of an hour, or steam it and dry it off in the oven a few minutes. Serve with sauce.

ONE-EGG CAKE PUDDING.

½ cup of butter,
1½ cups of sugar,
1 cup of milk,
1 egg well beaten,
3 cups of flour sifted with
2 heaped teaspoonfuls of baking powder,
1 cup of raisins or currants.

Put in a greased pudding pan and bake or steam it. Serve with sauce.

JAM PUDDING (No. 1).

¾ cup of butter,
1 cup of sugar,
1 cup of milk,
4 eggs beaten separately,
1 cup of strawberry or raspberry jam.

Cream butter and sugar together, add milk, then yolks, whites, and jam. Put in a pudding dish and bake until brown. Serve with whipped cream or hard sauce. MRS. H. WHITE HALL.
Nashville, Tenn.

JAM PUDDING (No. 2).

3 eggs beaten separately,
1 cup of sugar,
½ cup of butter,
2 cups of flour,
2 teaspoonfuls of baking powder,
1 tablespoonful of milk,
1 teaspoonful of cinnamon,
1 teaspoonful of spice,
1 cup of jam.

Bake in a well-greased pudding pan; serve with sauce. MRS. FLORRIE DODD.
Nashville, Tenn.

English Pudding.

3 eggs, yolks,
1 cup of sugar,
¼ cup of butter,
1½ cups of flour,
1 cup of blackberry jam,
1 teaspoonful of soda dissolved in
3 teaspoonfuls of buttermilk,
1 tablespoonful of spices,
Whites of 3 eggs for *meringue* on top.
Serve with sauce.

Russellville, Tenn. Mrs. W. H. Doak.

Black Pudding.

1 cup of sugar,
¾ cup of butter,
Yolks of 3 eggs,
2 cups of flour,
1 cup of blackberry jam,
1 tablespoonful of buttermilk,
1 teaspoonful of soda dissolved in water.

Spice well with cinnamon, cloves, etc. Bake it slowly thirty or forty minutes. Use the white of eggs for a *meringue* on top. Mrs. W. G. Currie.

Cookeville, Tenn.

Peach Cottage Pudding.

Stir sliced peaches into a batter made of ½ cup of sugar, 3 tablespoonfuls of melted butter, 1 beaten egg, 1 cup of sweet milk, 1 pint of flour sifted with 1½ teaspoonfuls of baking powder. Bake in a loaf, and serve with hard sauce. Mrs. Hettie Speck.

Livingston, Tenn.

Cottage Pudding.

½ cup of butter,
1 cup of sugar,
1 cup of milk,
2 eggs well beaten,
1 pint of flour,
2 teaspoonfuls of baking powder,
Flavor to taste; serve with sauce.

Nashville, Tenn. Mrs. Byrd Murray.

Fruit Pudding.

Cut in pieces 1 orange, 1 banana, 2 figs, a few raisins, a few nuts of any kind. Soak ½ box of gelatin in ½ pint of cold water, add ½ pint of hot water, sweeten and flavor to taste, pour it on the fruit, and let it stand in a cold place until stiff. Make a boiled custard of 3 eggs (leaving out the whites of 2 eggs for frosting) and some fresh milk, sweetened to taste. Turn the fruit and jelly into a dish, pour on the custard, and put the beaten whites on top.

Steamed Fruit Pudding (No. 1).

Sift together 2 cups of flour, 2 teaspoonfuls of baking powder, ½ teaspoonful of salt; mix well 2 beaten eggs, ½ cup of sugar, ½ cup of butter, 1 cup of sweet milk, stir in the flour, add 2 cups of any kind of fruit preferred, such as berries, cherries, peaches cut fine, chopped sour apples, seeded prunes, dates or raisins, and currants. Sprinkle the fruit with flour and stir it into the batter, pour the batter into a buttered pan and steam it three hours; or put it into a buttered can or tin bucket that can be put into a pot of boiling water, cover it closely, and let boil three hours. Serve with sauce.

Steamed Fruit Pudding (No. 2).

Sift 1 quart of flour with 2 teaspoonfuls of baking powder, a little salt, and work into this ½ cup of lard, mix it with sweet milk into a soft pastry. Lay this over sweetened berries in a tin pan and steam it over boiling water one hour. This pudding can be made of any kind of fruit. Serve with hard sauce. Mrs. Alex Joseph.

Nashville, Tenn.

Suet Pudding.

Four cups of flour, 1 cup of beef suet chopped fine, 1 cup of raisins or cherries, 1 cup of molasses, 1 cup of lukewarm water, 1 large teaspoonful of baking powder. Mix the flour and suet together, add the molasses and water, then the raisins well floured with a part of the flour reserved for dredging, and lastly add the baking powder with a little of the flour. Dip the pudding bag in cold water and flour it inside well, put in warm water and let boil three hours. In dishing it turn it out on one dish, then transfer it to another, to prevent having any water in the dish with it. Mrs. Thompson Anderson.

Nashville, Tenn.

Fig Pudding.

Beat 2 eggs light, add 1 cup of milk, 2 cups of flour sifted with 1 heaping teaspoonful of baking powder, ½ teaspoonful of salt. Beat it very smooth, add ½ pound of chopped figs floured; put in a greased mold, boil or steam it two hours. Serve with sauce made by whipping together 1 large tablespoonful of butter, 1 heaping cup of powdered sugar, and 1 egg. Dates and prunes also make a delightful pudding.

Nashville, Tenn. Mrs. Philip Hill.

Plum Pudding (No. 1).

1 cup of finely chopped beef suet,
2 cups of fine bread crumbs,
1 cup of sugar,
1 cup of seeded raisins,
1 cup of well-washed currants,
1 cup of chopped blanched almonds,
½ cup of citron chopped fine,
1 teaspoonful of salt,
1 teaspoonful of cloves,
2 teaspoonfuls of cinnamon,
½ teaspoonful of grated nutmeg,
4 eggs well beaten.

Flour the fruit thoroughly with 1 cup of flour, beat the eggs, add the sugar, spices, salt, and 1 cup of milk, stir in the bread crumbs, suet, fruits, and chopped nuts until all are used. Stir in 1 teaspoonful of soda dissolved in warm water, add 1 cup of flour or enough to make the fruits stick together. Put into a buttered mold, or wet a bag in hot water, flour the inside, pour the pudding into it, tie it, boil or steam it four hours. Serve with sauce.

Plum Pudding (No. 2).

1 cup of butter,
1 cup of sugar,
6 eggs beaten separately,
4 cups of flour,
1 cup of sweet milk,
½ cup of jelly,
½ pound of suet chopped fine,
1 pound of raisins, seeded, chopped, and floured,

1 pound of currants, washed, dried, and floured,
2 ounces of citron cut very fine,
1 nutmeg grated,
1 teaspoonful of ground cloves,
1 teaspoonful of ground mace.

Cream butter and sugar, add the beaten yolks, then milk and flour alternately with the beaten whites, then add jelly and spices, and lastly the floured fruit. Boil five hours; serve with sauce.

Nashville, Tenn. MRS. STEWART KIRKPATRICK.

PLUM PUDDING (No. 3).

½ cup of molasses,
½ cup of brown sugar,
4 eggs well beaten,
1 cup of flour,
½ cup of sweet milk,
½ pound of beef suet chopped fine,
½ pound of bread crumbs,
1 teaspoonful of salt,
2 teaspoonfuls of cinnamon,
1 teaspoonful of cloves,
1 teaspoonful of mace,
1 candied lemon peel,
1 candied orange peel,
½ pound of raisins seeded and chopped,
½ pound of currants washed and dried,
1 heaped tablespoonful of citron.

Boil six hours, and serve with sauce.

Ginger Pudding (No. 1).

½ cup of butter or lard,
1 cup of brown sugar,
1 cup of molasses with
1 teaspoonful of soda beat in it,
½ cup of sour milk,
4 eggs well beaten,
2 tablespoonfuls of ginger,
Flour enough to make consistency of cake batter.

Serve with sauce.

Nashville, Tenn. — Mrs. J. H. Fullton.

Ginger Pudding (No. 2).

1 cup of butter or lard,
1 cup of sugar,
1 cup of black molasses,
1 cup of buttermilk,
1½ teaspoonfuls of soda dissolved in hot water,
1 tablespoonful of ground ginger,
1 teaspoonful of cinnamon,
5 cups of flour, little salt,
2 eggs well beaten,
1 cup of currants or jam, if liked.

Put in a cake pan with a spout in center, put paper in the bottom of the pan and grease it before putting in the batter, bake in a moderately hot oven or steam it until done. Serve with sauce.

Peach Pudding (No. 1).

Drain liquor from 1 quart can of peaches into a quart cup, fill the cup with new milk, stir into this the yolks of 5 eggs and 1 cup of sugar, boil the mixture, and stir in 3 tablespoonfuls of cornstarch dissolved in a little cold milk. When it boils well pour into an earthen pudding dish and bake half an hour. Place a thick layer of the peaches on top, cover with a *meringue* made of the whites of 2 eggs beaten stiff with 2 tablespoonfuls of sugar. Let brown lightly.

Nashville, Tenn. Mrs. J. H. Fullton.

Peach Pudding (No. 2).

Prepare 1 pint of flour by sifting with 1 teaspoonful of baking powder and a pinch of salt; then rub 1 teaspoonful of butter through it; add 1 beaten egg to ½ cup of milk, thicken with the prepared flour, and pour into a buttered baking pan. Arrange the peaches over the top, cut side up, and put a drop of vanilla extract in each; fill with sugar, lay a bit of butter on the center of each piece, and bake in a hot oven. Serve hot with plain sweetened cream or vanilla sauce. Mrs. Ava Herstein.

Nashville, Tenn.

Prune Pudding (No. 1).

Take 1 pound of prunes and boil till tender, adding a pinch of soda; strain off water, seed and chip fine. Beat the whites of 3 eggs, add 1 cup of sugar to whites, and mix with the chopped prunes. Put into a pudding dish and bake immediately. Serve with cream. Mrs. Alex M. Ralston.

Nashville, Tenn.

Prune Pudding (No. 2).

Stew 1 pound of prunes well done the day previous, drain off the juice, seed and chop them fine. Beat well the whites of 6 eggs, add 1 cup of sugar to them, and then the chopped prunes. Cook in a steamer one hour. Serve with the following dressing: Yolks of the 6 eggs well beaten, add ½ cup of sugar, stir this into 1 pint of boiling milk, let cook two or three minutes, stirring it constantly. Flavor with vanilla. Mrs. J. L. Kirby.

Nashville, Tenn.

Cranberry Pudding.

Cream ½ cup of butter, add slowly 1 cup of sugar, then add 3 eggs well beaten. Sift 3 teaspoonfuls of baking powder with 3½ cups of flour, add this to the mixture alternately with ½ cup of milk. Wash and dry 2 cups of cranberries, flour them with a little of the flour measured, and add them to the batter. Put into a buttered mold, set it in a kettle of boiling water, cover tightly, and let steam two hours. Serve with sauce or sweetened cream flavored with a little grated nutmeg. This pudding can be baked, if baked slowly.

Orange Pudding.

Cut a sponge cake into slices across, peel oranges and cut them into slices across, removing the seed. Spread the bottom of a dish with a layer of cake, then slices of orange, sprinkle with sugar, and so on until the pudding is the size desired. Make a *meringue* of whites of 3 eggs beaten stiff and a little sugar; pour it over the pudding and set it in the oven to brown lightly. Serve with sauce. Other fruits can be used the same way.

Banana Pudding.

Cut sponge cake in slices, and in a glass dish put alternate layers of sponge cake and sliced bananas; squeeze a little lemon juice over the bananas and sprinkle with a little sugar. Cook a soft custard of the yolks of 4 or 5 eggs, a little milk, and a little sugar, flavor to taste, and pour over it. Beat the whites of eggs stiff and heap over the whole.

Sponge Roll (No. 1).

5 eggs beaten separately,
1 cup of sugar added to yolks,
1 cup of flour sifted.

Add the well-beaten whites last; stir very lightly and as little as possible in mixing. Bake in biscuit pan. When done turn out on a damp cloth, spread with jelly or plum preserves, roll it up, and serve with sauce.

Idah Lee Kirkpatrick.
Nashville, Tenn.

Sponge Roll (No. 2).

6 eggs beaten separately,
2 cups of sugar,
2 cups of flour sifted with
2 teaspoonfuls of baking powder,
4 tablespoonfuls sweet milk or water.

Beat the yolks, add the sugar and milk, and beat together; beat the whites to a stiff froth, then thoroughly with the yolks and sugar, then stir in lightly the flour, flavor, and bake in a thin layer in a large biscuit pan. Turn it out on a damp cloth, spread it with jelly, and roll it up quickly while it is hot. Cut in slices crosswise and serve with sauce.

Cocoanut Sponge Roll.

5 eggs beaten separately,
2 cups of sugar,
3½ cups of sifted flour,
¾ cup of boiling water,
1 teaspoonful of baking powder sifted in the flour.

Beat yolks and sugar together, add stiff-beaten whites, the boiling water, and stir the flour in *very lightly;* stir just as little as possible to get it mixed in. Bake in a large biscuit pan. Have icing ready (cooked or not, as you like), spread the cake while warm with the icing, and sprinkle heavily with grated cocoanut; roll it and ice the outside and sprinkle cocoanut over it. Peel and slice oranges and serve with cake sliced. Miss Martha Douglass.

Nashville, Tenn.

Fruit Rolls.

Roll out the pastry into an oblong sheet, cover it thickly with a layer of fruit, without juice, sprinkle it with sugar, begin at one end and roll it up closely with the fruit inside. Wet the ends of the dough and turn them up closely so the fruit will not run out. Bake as you would dumplings, only cook it longer; or tie it up in an oblong cloth which has been wet in hot water and floured on the inside and boil or steam it two hours. Serve hot with sauce; cut it crosswise in slices. If you use apples, peaches, or pears, peel, slice, and chop them. Stewed dried fruit, seeded cherries, plums, and berries of all kinds may be used in rolls or dumplings.

Fig Roll.

Make the pastry, roll it out, chop the figs fine and

spread them on the pastry, leaving a few figs for the sauce. Roll it up and bake or boil it. Serve with sauce, adding to it the figs saved. Seeded raisins can be used the same way; and if you will add grated cocoanut, it makes a delightful roll.

Apple Dumplings.

Make a biscuit dough, only add more shortening, take a piece of the dough, roll it out like pie crust, cut into rounds the size of a large saucer; put in the middle of each piece 2 halves of tart apples that have been peeled and cored, sprinkle in a little sugar and ground cinnamon, turn the dough up over the apple, leaving a small opening in the center for steam to escape. Lay the dumplings in a buttered pan, put a small piece of butter on top of each, and sprinkle over them ½ cup of sugar; pour in 1 cup of boiling water. Bake in moderate oven three-quarters of an hour. Serve with sauce or cream and sugar. Peach dumplings are made the same way.

Berry Dumplings.

Berry dumplings are made and served in the same way that apple dumplings are prepared, either baked, steamed, or boiled.

Snow Dumplings.

Peel tart apples and core them; wash 1 pint of rice and roll the apples in it so that the rice will adhere. Have ready a nice short pastry, wrap the apples in a piece of the dough, and roll the dumplings in the rice again, and so on till you have the number desired. Put a towel in the steamer, set it over boiling water, and put the dumplings in and steam them until done. Serve with rich sauce.

Boiled Apple Dumplings (No. 1).

Made the same as baked dumplings, only they are put into a small square cloth which has been dipped in hot water and well floured. Tie them up well, leaving room for the dumpling to swell. Put them in a pot of boiling water and boil one hour. Serve with sauce. Peaches and other fruit are used in the same way.

Boiled Apple Dumplings (No. 2).

Take equal quantities of mashed Irish potatoes and sifted flour, put the flour in a bowl, and add the potatoes and a little salt; work it together. Break off a piece large enough to cover the apples. Have boiling water to drop them in. Do not cover the vessel, or they will break to pieces. Serve with sauce.

Nashville, Tenn. Mrs. Thompson Anderson.

Suet Dumplings.

2 cups of fine bread crumbs soaked in a little milk,
1 cup of *finely chopped* beef suet,
4 eggs beaten separately,
2 tablespoonfuls of sugar,
2 cups of flour sifted with
2 teaspoonfuls of baking powder,
1 teaspoonful of salt,
Enough milk to mix into a *stiff* paste.

Make into balls with floured hands, put into dumpling cloths dipped in hot water and floured inside; leave room for the dumplings to swell and tie with

strings tightly. Boil or steam them one hour. Serve hot with sauce.

Fruit Suet Dumplings.

Add ½ pound of raisins, seeded and chopped, and ½ pound of currants, washed and dried; dredge them with flour and stir them into suet dumpling paste made as above. Boil or steam them a little longer than plain suet dumplings.

SAUCES FOR PUDDINGS.

WHEN receipts for sauces in cook books call for liquor and spices a *little* apple vinegar used instead of brandy will answer every purpose in common sauces for plum puddings, etc., as the liquor is mostly used to draw the strength from the spices. Good apple vinegar will have the same effect on spices, and is used instead of liquor in this book.

Sauce for Puddings.

Cream ½ cup of butter with 1 cup of pulverized sugar, add 1 cup of boiling water, 1 teaspoonful of lemon or vanilla, then add whites of 2 eggs well whipped. Alice L. King.

Mont Eagle, Tenn.

Plain Sauce.

Stir into 1 pint of boiling water 1 cup of sugar, 2 tablespoonfuls of butter, yolk of 1 egg, a pinch of flour and salt well mixed; add a little vinegar if liked; stir until it thickens and foams. Flavor to taste, and serve.

Sugar Sirup Sauce.

Boil without stirring 1 cup of granulated sugar, ½ cup of water, 1 level tablespoonful of butter, until thick as sirup; add 1 tablespoonful of lemon juice or a little vinegar. Flavor with lemon or vanilla.

Brown Sugar Sauce.

Mix 1 cup of brown sugar, ½ cup of butter, 1 tablespoonful of flour, a little vinegar; stir it into 1 pint

of boiling water until it has thickened; salt and flavor to taste. Serve hot.

Molasses Sauce.

Mix 1 cup of sugar, ½ cup of molasses, ½ cup of butter, 1 heaped teaspoonful of flour, 1 tablespoonful of lemon juice or a little vinegar, a little nutmeg, cinnamon, cloves, and a pinch of salt; when these are all mixed add 1 cup or more of boiling water. Stir it constantly until it boils; strain and serve.

Custard Sauce.

Cream together 1 cup of sugar, ½ cup of butter; add yolks of 4 eggs well beaten; pour over this 1 cup of hot milk, stirring it all the time; stir it over the fire a few minutes; salt, flavor with vanilla or cinnamon. Serve hot or cold.

Cold Hard Sauce.

Beat together until white and creamy 1 cup of fine sugar, ½ cup of butter; flavor to taste. Shape to suit fancy. Can use orange, lemon, or any kind of fruits in this sauce if desired.

Cold Cream Sauce.

Sweeten 1 or 2 cups of cream or rich milk and flavor to taste. This sauce is quickly made and answers every purpose with some kinds of puddings.

Whipped Cream Sauce.

Mix ½ cup of powdered sugar with 1 cup of ice-cold cream, flavor, and whip to a froth; stir in at the last beaten white of 1 egg. A delicious sauce for any pudding, hot or cold.

Hot Fruit Sauce.

Mash 1 pint or more of ripe fruit, mix with it 1 cup (more or less, to taste) of sugar, and let stand awhile. Just before it is needed set it over the fire, and stir it constantly until it is quite hot.

Cold Fruit Sauce.

Mash 2 cups of ripe fruit with ½ cup of sugar (or more sugar, if fruit is acid), ½ cup of creamed butter; beat until light and foamy, then stir in the beaten white of 1 egg.

Berry Sauce.

Mix together 2 cups of berries (any kind desired), ¾ cup of sugar, 1 tablespoonful of butter, 1 cup of hot water, and cook slowly. Skim several times; strain it through a sieve. This is a good sauce for dumplings and rolls or fruit puddings.

Jelly Sauce.

Melt ½ cup of jelly (any kind), 2 tablespoonfuls of sugar, in 1 cup of hot water; add 2 tablespoonfuls of butter, stir in 1 teaspoonful of cornstarch dissolved in ½ cup of water, and let it come to a boil. Set it in hot water until time to serve; stir it several times.

Caramel Sauce.

Place in a small pan 1 cup of sugar, stir it over the fire until it is brown; add 1 cup of boiling water, and let it simmer ten or fifteen minutes. Serve cold.

Egg Sauce.

Mix with ¾ cup of powdered sugar white of 1 egg beaten stiff, 2 tablespoonfuls of cream; beat together

until light. If desired, add 1 cup of finely mashed berries or other fruit.

Spiced Sauce.

Use 2 cups of sugar, ½ cup of butter, 2 teaspoonfuls of cornstarch or flour, 2 tablespoonfuls of vinegar, 2 cups of boiling water, 1 dessert-spoonful of mixed ground spices, cinnamon, nutmeg, and cloves. Tie the spices in a muslin cloth. Stir it over the fire until thickened.

Sauce.

½ cup of butter,
½ cup of sugar,
White of 1 egg.

Cream butter and sugar, add the white of 1 egg well beaten, thin this with boiling water, added slowly. Flavor to taste. Sallie Cross Shelton.

Mont Eagle, Tenn.

Sugar Sauce.

Boil together 2 cups of white or brown sugar and 1 cup of water until as thick as desired. Flavor to taste. This makes a very sweet sauce, but some prefer it to all other sauces.

Pancakes, Fritters, and Shortcakes.

USE a small frying pan for pancakes, heat it, put in about 2 teaspoonfuls of lard; be careful not to have too much grease; let it run quickly over the bottom, then pour in a large ladleful of the batter, enough to cover the bottom of the pan with a thin sheet. When the first side is done turn it with a broad batter cake turner made for the purpose. Be careful not to tear the cake. When done have ready a hot dish, turn out the pancake upon it, and sprinkle it with powdered sugar; roll it up like a sheet of paper or leave it plain and set it in the oven to keep hot until you have enough fried. Serve hot.

To fry fritters have plenty of nice sweet lard in a round-bottom saucepan or kettle, rather wide at the top, and test the heat by dropping in a small spoonful of the batter. If right, it will rise to the top in a ball and will speedily become a nice brown. Fry as many at a time as the vessel will hold; take up with a skimmer as soon as done, drain well. put on a hot dish, sift sugar over them, and serve immediately. Serve fresh hot ones while the batter lasts.

Pancakes (No. 1).

1 pint of flour,
6 eggs beaten separately,
½ teaspoonful of salt,
1 teaspoonful of baking powder,
2 cups of milk or enough to make a thin batter.

Sift the flour and baking powder together, beat the

yolks light, add the salt and milk, then the flour and beaten whites alternately; thin with more milk if needed. Fry as directed in suggestions.

Pancakes (No. 2).

1 pint of flour,
3 eggs beaten separately,
½ teaspoonful of soda,
½ teaspoonful of salt,
Buttermilk to make a thin batter.

Jelly or Preserve Pancakes.

When the pancakes are fried lay them on a hot plate, spread quickly with nice jelly, preserves, or jam, roll them up neatly, and sprinkle with powdered sugar. Serve with sauce or cream.

Fritters (No. 1).

Six eggs beaten separately, 1 quart of milk, 3 cups of flour sifted with 2 teaspoonfuls of baking powder, 1 teaspoonful of salt. Beat the yolks light, stir in the milk, salt, and flour, lastly the stiff-beaten whites; beat hard and fry at once in large ladlefuls.

Fritters (No. 2).

1 pint of flour,
4 eggs beaten separately,
1 teaspoonful of salt,
1 pint of boiling water.

Stir the flour into the water by degrees, and stir until it has boiled three or four minutes; let it get almost cold, then beat in the beaten yolks, then the stiff-beaten whites of the eggs. Fry as directed in suggestions. Can use sweet milk to scald the flour with instead of water, if preferred. Serve hot with jelly, preserves, fruit sauce, or maple sirup.

Fruit Fritters.

Add 1 or 2 tablespoonfuls of sugar to plain fritter batter and beat into it some finely chopped fruit of any kind desired. Apples, peaches, oranges, or stewed dried fruits of any kind can be used.

Shortcake.

One quart of flour with 1 teaspoonful of soda sifted in it; ¾ cup of butter, 1 tablespoonful of sugar, 1 teaspoonful of salt well rubbed into the flour, 1 well-beaten egg mixed with 1 cup of buttermilk; mix into soft dough and handle very lightly. Roll it out, cut it into two round layers, spread a little butter between them, lay one smoothly upon the other in deep jelly tins so that they will be the same size; bake in a moderate oven. When done, and while warm (not hot), separate them and spread with fruit which has been well sweetened or sprinkle it heavily with sugar as you spread it between layers; sprinkle sugar over the top, and serve with sweetened cream. Soft peaches make a delightful filling.

Peach Shortcake.

Make a rich pastry, roll it thin, and bake three crusts in pie pans. Let them get thoroughly cold. Peel peaches, cut and mash them well, sweeten them, and spread them between the crusts. Set them in a cold place. Serve with whipped cream. This is delicious and inexpensive.

Nashville, Tenn. Maggie M. Webber.

Cream for Shortcake.

1 cup of sweet milk,
1 small pinch of salt,
1 piece of butter size of a hickory nut,
1 teaspoonful of cornstarch,
2 tablespoonfuls of sugar.

Put the milk on to boil, add the sugar, salt, and butter, dissolve the starch in cold milk, add it to the hot milk, and let it boil up; add beaten whites of 2 eggs, *stir* it *rapidly* while boiling three minutes. Let it get cold before using.

CAKES.

YOU should give yourself *plenty of time* in making cake. Now and then a quickly made cake is a success, but more often a failure. Use none but the *best* material. Have all ingredients measured and properly prepared before beginning to mix any of them. Have dry flour, fine dry sugar, fresh milk (or water), be sure to beat eggs sufficiently, and stir butter and sugar to a cream, beating well. *Never stir* cake after butter and sugar are creamed, but *beat* it. Some prefer to add the sugar to the stiff-beaten whites instead of to the creamed butter. Either way will do, provided you *beat* it well together. Cake is often ruined by looking at it too often when first put into oven. When done let remain in pan until cold, then set it in the oven just long enough to warm the tin through, if it will not turn out easily without warming. All cakes should be kept in air-tight cans in a cool place. All receipts in this book calling for milk mean sweet milk unless sour or buttermilk is specified.

TABLE FOR COOKING CAKES.

Fruit cake, 2 to 4 hours.
Plain cake, 30 to 40 minutes.
Sponge cake, 45 to 60 minutes.
Gingerbread, 20 to 30 minutes.
Cookies, 10 to 15 minutes.

To Seed Raisins.

Pour boiling water over them, cover, and let stand five or ten minutes; drain off, rub each raisin between the thumb and finger, and the seeds will come out easily.

To Clean Currants.

Put them in a sieve, sprinkle them heavily with flour, rub them until they separate and the fine stems, grit, and flour have passed through the sieve. Place the sieve and currants both in a pan of water, wash the currants thoroughly, lift sieve and currants together, and change the water until clear. Dry the currants between towels and spread them until ready for use.

Baking Powder.

It is a good idea to prepare your own baking powder by sifting together five or six times ½ pound of cream of tartar, ¼ pound of soda, ⅛ pound of cornstarch, *best brands.* Put it into an air-tight box. Use measure as called for in receipts. It is best to buy material at a drug store, to be sure of pure articles.

To Dry Flour.

Place flour in a pan, set it in the hot sun, before a fire, or in a cool oven awhile before using.

To Beat Eggs.

Have eggs and the dish that they are to be beaten in cold. Whites froth more easily by adding a small pinch of salt; whip until a very stiff froth. Add a pinch of salt to yolks and beat them until a spoonful can be lifted clear of strings.

White Cake (No. 1).

1 heaping cup of creamed butter,
2 cups of sifted powdered sugar,
4 cups of dried flour,
½ cup of sweet milk,
2 teaspoonfuls of baking powder,
Whites of 12 eggs.

Cream the butter, add the sifted sugar, and *beat well* until *very light;* sift the flour several times, then sift the baking powder with it. Beat the whites of eggs *very stiff.* Do not *stir* the batter after the butter and sugar are creamed, but *beat* in a little at a time the other ingredients until the batter is very smooth. Flavor to taste. A nice plain cake.

White Cake (No. 2).

1 cup of butter,
2 cups of sugar,
3 cups of flour sifted with
2 teaspoonfuls of baking powder,
1 cup of sweet milk,
Whites of 8 eggs well beaten.

Nashville, Tenn. Mattie Duncan.

White Cake (No. 3).

1 cup of butter,
2 cups of sugar,
5 cups of flour,
3 teaspoonfuls of baking powder,
1 cup of sweet milk or water,
Whites of 9 eggs.

Nashville, Tenn. Mrs. C. H. A. Gerding.

White Cake (No. 4).

1 cup of butter,
3 cups of sugar,
1 cup of sweet milk or cold water,
5 cups of flour sifted with
2 teaspoonfuls of baking powder,
Whites of 10 eggs beaten stiff,
Flavor to taste.

Nashville, Tenn. Mrs. Florrie Dodd.

White Cake (No. 5).

Work 1 cup of butter to a cream, add to it gradually 2 cups of sugar; when light and creamy add 1 cup of milk and 2 cups of flour that has been sifted three times. Beat vigorously and add gradually the stiff-beaten whites of 11 eggs and 1 more cup of flour alternately; mix gently, but thoroughly. Mix in quickly 1 teaspoonful of baking powder; flavor, and bake in a moderate oven. Mrs. J. T. Dodd.

Nashville, Tenn.

White Cake (No. 6).

Take 2 cups of butter and 4 cups of sugar, beat them well together. Beat whites of 20 eggs to a froth, measure and sift well 6 cups of flour, add 1 cup of the flour, then a little of the eggs, beat well, then add another cup of flour, a little more of the eggs, and so on until all are worked in. Then add lastly 2 teaspoonfuls of cream of tartar and 1 teaspoonful of soda powdered together. This is an excellent cake when made rightly.

Nashville, Tenn. Mrs. C. H. A. Gerding.

White Cake (No. 7).

½ cup of butter,
2 cups of sugar,
1 cup of sweet milk,
3 cups of flour,
3 teaspoonfuls of baking powder,
Whites of 4 eggs.

Nashville, Tenn. Miss Sallie McClelland.

White Cake (No. 8).

1 cup of butter,
2 cups of sugar,
½ cup of sweet milk,
3½ cups of flour,
1 teaspoonful of baking powder,
1 teaspoonful of vanilla,
Whites of 8 eggs well beaten.

Cream butter and sugar together, add milk spoonful at a time, then flour, and the well-beaten whites last. Sallie Cross Shelton.

Mont Eagle, Tenn.

White Layer Cake.

2 cups of sifted powdered sugar,
½ cup of creamed butter,
½ cup of sweet milk,
2½ cups of dried flour,
2½ teaspoonfuls of baking powder,
Whites of 8 eggs.

Cream the butter and sugar together very light; if too stiff, add the milk; sift the flour several times, then sift the baking powder with it, beat the eggs *very stiff*, add the flour and eggs alternately a little at a time, and beat until very smooth. Flavor to

taste. Hickory nut kernels or blanched almonds in icing make a good filling for this cake; a few kernels put in the batter gives a nice flavor. This is a small cake, but extra nice when made carefully.

Beautiful White Cake.

1 cup of butter,
2 cups of sugar,
½ cup of sweet milk,
3 cups of flour sifted with
½ teaspoonful of baking powder,
1 teaspoonful of lemon extract,
Whites of 8 eggs.

First sift sugar and flour four or five times and measure your cups after. Cream butter thoroughly until it looks puffy. Beat whites stiff and add sugar gradually, then beat butter into the eggs and sugar, then 1 cup of flour, half of the milk, second cup of flour, balance of milk, third cup of flour. Then add the extract. Bake as plain white cake or layer cake.

Miss Sallie McClelland.

Nashville, Tenn.

Good Cake (No. 1).

1 cup of creamed butter,
3 cups of sugar,
4½ cups of sifted flour (in summer 5 cups),
3 teaspoonfuls of baking powder sifted in the flour,
1 cup of cream or sweet milk,
Whites of 12 eggs well beaten.

Mix the whites in last. Use any filling you like, but grated pineapple mixed with cooked icing is nice.

Nashville, Tenn. Mrs. Johnella Corbett.

Good Cake (No. 2).

1 cup of butter,
2 cups of sugar,
1 cup of milk,
4 cups of flour after sifting,
2 teaspoonfuls of baking powder,
8 eggs, saving out 5 whites for icing.

Sift flour and baking powder together five times, beat eggs separately, cream butter and sugar together very light, add beaten yolks to butter and sugar, then milk and flour, lastly the beaten whites. Flavor to taste.

Heart's-ease Cake.

Whites of 10 eggs,
1 cup of butter,
1 cup of sweet milk,
2½ cups of sugar,
2 heaping teaspoonfuls of baking powder,
4 cups of flour.

Cream the butter and sugar until white and smooth; add the milk, sift the flour several times, then sift the baking powder with it, and add in small quantities, beating all the while. Then add the eggs beaten stiff, and beat the batter until perfectly smooth. If too thin, add more flour. For a plain cake have a stiff batter, but for layer have it thin, and bake quickly. The measuring cup should be large.

Clara C. Epperson.

Algood, Tenn.

Neapolitan Cake.

1 pound of flour sifted several times,
2 teaspoonfuls of baking powder,
¾ pound of butter creamed with
1 pound of pulverized sugar,
1 cup of sweet milk,
Whites of 9 eggs well beaten,
Flavor to suit the taste.

Bake in layers. Make icing of whites of 3 eggs beaten to a stiff froth, 2½ cups of granulated sugar; moisten the sugar with cold water, let boil without stirring until a thick, clear sirup, pour into whites, beat well, and flavor. 1 pound of almonds blanched, 1 pound of English walnuts, 1 pound of raisins seeded; chop half of almonds and walnuts, put icing between layers, cover with raisins and chopped nuts, cover cake with icing, ornament with raisins, almonds, walnuts, and crystallized cherries.

Nashville, Tenn. Susie E. Glenn.

Marshmallow Cake.

1 pound of sugar,
¾ pound of butter,
1 pound of flour sifted with
2 teaspoonfuls of baking powder,
Whites of 16 eggs.

Cream the butter and sugar together until light, beat the eggs very stiff, add some flour and some of the beaten egg until all are well mixed and the batter is smooth. Flavor to taste. Bake in layer tins and use marsh mallow filling.

Franklin, Tenn. Mrs. George W. Smithson.

Ice Cream Cake.

1½ cups of butter,
3½ cups of sugar,
½ cup of milk,
Whites of 12 eggs,
6 cups of flour,
4 teaspoonfuls of baking powder.

Bake in layers and use filling for ice cream cake.

Nashville, Tenn. Mrs. Byrd Murray.

Cornstarch Cake.

1 cup of butter,
2 cups of sifted powdered sugar,
2½ cups of flour sifted *several times* with
½ cup of cornstarch and
2 teaspoonfuls of baking powder,
1 cup of sweet milk,
Whites of 8 eggs well beaten.

Mix it smoothly, flavor to taste, and bake as one large cake or as layer cake, using any filling desired.

Cornstarch Snow Cake.

1 cup of butter creamed with
2 cups of sugar,
1 cup of sweet milk,
2 cups of flour sifted with
1 cup of cornstarch and
1½ teaspoonfuls of baking powder,
Whites of 8 eggs beaten stiff,
Flavor with rose, vanilla, or lemon extract.
Bake as a loaf or layer cake.

Clifton, Tenn. Mrs. H. S. Crain.

Pearl Cake.

2 tablespoonfuls of butter,
1 cup of sugar,
½ cup of sweet milk,
1 cup of flour,
½ cup of cornstarch,
¼ teaspoonful of soda,
½ teaspoonful of cream of tartar,
Whites of 3 eggs well beaten,
Flavor with vanilla.

Henderson, Tenn. Mrs. Robert Purdy.

Bride's Cake.

1 cup of butter creamed with
3 cups of sifted powdered sugar,
1 cup of cornstarch sifted with
3 cups of flour and
3 teaspoonfuls of baking powder,
1 cup of sweet milk,
Whites of 12 eggs well beaten,
Flavor to taste.

Mix it smoothly, put it in a pan lined with paper and well buttered, and bake slowly.

Cheap Cake.

2 cups of sugar,
½ cup of butter,
1 cup of cold water,
3 cups of flour sifted with
2 teaspoonfuls of baking powder,
Whites of 5 eggs beaten stiff,
Flavor to taste.

This doubled makes a large cake.

Nashville, Tenn. Mrs. Florrie Dodd.

Buttermilk Cake.

Whites of 16 eggs,
4 cups of pulverized sugar sifted,
1 cup of butter heaped,
4¾ cups of flour, with which sift
2 teaspoonfuls of cream of tartar.

Cream the butter and sugar together, add one-half of the flour and eggs beaten stiff. Mix well, add the rest of the flour and eggs; last of all add 1 cup of buttermilk with 1 level teaspoonful of soda beaten in it until it foams. Can be baked as plain or layer cake.

Mrs. Arthur McDaniel.

Algood, Tenn.

Silver Layer Cake.

3 cups of sifted powdered sugar,
¾ cup of creamed butter,
¾ cup of sweet milk,
3¾ cups of flour sifted *several times* with
3 teaspoonfuls of baking powder,
Whites of 12 eggs well beaten.

Bake in layers. Use any kind of filling desired.

Gold Layer Cake.

Made same as silver layer cake, only use yolks of eggs instead of whites. Both of these make nice, light layer cakes if mixed carefully and smoothly.

Cocoanut Layer Cake.

2 cups of sugar,
½ cup of butter,
1 cup of milk,
3 cups of flour,
3 eggs,
2 teaspoonfuls of baking powder.
Bake in round tins.

Filling for same: 1 cup of concentrated shred co-

coanut, add whites of three eggs beaten to a froth and 1 cup of sugar; spread this between layers of cake. Then to ¼ cup of cocoanut add 4 tablespoonfuls of powdered sugar and spread thickly over top of cake.

VIOLA MCDONALD.

Nettle Carrier, Tenn.

CUP CAKE (No. 1).

1 cup of butter,
2 cups of sugar,
3 cups of flour,
4 eggs well beaten,
½ cup of buttermilk,
1 teaspoonful of soda.

Nashville, Tenn MRS. C. H. A. GERDING.

CUP CAKE (No. 2).

1 cup of butter,
2 cups of sugar,
3 cups of flour,
4 eggs well beaten,
½ cup of sweet milk,
1 teaspoonful of baking powder.

Mont Eagle, Tenn. SALLIE CROSS SHELTON.

GOOD CUP CAKE.

1 cup of butter creamed with
2 cups of sifted powdered sugar,
4 cups of flour sifted well with
2 teaspoonfuls of baking powder,
1 cup of sweet milk,
6 eggs beaten separately,
Flavor to suit taste.

Rich Cup Cake.

1 cup of butter creamed with
2 cups of sifted powdered sugar,
3 cups of flour sifted well with
2 teaspoonfuls of baking powder,
1 cup of sweet milk,
4 eggs well beaten,
Flavor to taste.

Nye Cake.

1½ cups of butter,
3 cups of sugar,
5 cups of flour sifted with
3 teaspoonfuls of baking powder,
1 cup of sweet milk,
7 eggs well beaten,
Flavor with lemon.

Henderson, Tenn. Mrs. Robert Purdy.

Dinner Cake.

1 cup of butter,
2 cups of sugar,
4 eggs well beaten,
3½ cups of flour,
1½ teaspoonfuls of baking powder,
1½ cups of sweet milk,
1½ teaspoonfuls of lemon extract.

Livingston, Tenn. Miss Florence Winple.

Old-fashioned Poundcake (No. 1).

1 pound of sugar,
¾ pound of butter,
12 eggs beaten separately,

1 teaspoonful of soda,
1 cup of buttermilk.

Beat the whites of the eggs to a stiff froth; beat the yolks thoroughly, add the butter, sugar, and whites of eggs to the yolks, with flour enough to make a good batter; then add the buttermilk, and soda last. Use any flavor desired or none.

Cookeville, Tenn. MRS. HENRIETTA FORD.

OLD-FASHIONED POUNDCAKE (No. 2).

1 pound of sugar,
¾ pound of butter,
1 pound of flour,
11 eggs beaten separately.

Cream the butter and sugar until very light, beat the yolks light and add to the butter and sugar; beat them well together. Sift the flour several times and beat the whites of the eggs very stiff and add them alternately to the mixture; when thoroughly mixed *beat it steadily* for half an hour. Flavor to taste, and bake.

GOLD CAKE (No. 1).

1 cup of butter creamed with
2 cups of sifted powdered sugar,
5 cups of flour sifted well with
2 teaspoonfuls of baking powder,
1 cup of sweet milk,
Yolks of 8 eggs well beaten,
Flavor with lemon.

Gold Cake (No. 2).

2 cups of sifted powdered sugar
½ cup of creamed butter,
½ cup of sweet milk,
2½ cups of flour sifted several times with
2 teaspoonfuls of baking powder,
Yolks of 8 eggs well beaten.

Black Cake.

2 cups of sugar,
1 cup of butter,
1 cup of molasses,
1 cup of coffee,
6 cups of flour,
4 eggs well beaten,
2 teaspoonfuls of cinnamon,
2 teaspoonfuls of cloves,
1 pound of seeded raisins,
1 pound of currants,
1 tablespoonful of soda dissolved in the molasses.
To be eaten while fresh.

Nashville, Tenn. Mrs. C. H. A. Gerding.

Chocolate Cake (No. 1).

Boil together until it thickens
½ cup of rich milk,
1 egg, yolk only,
¼ cake of chocolate; when cold add
1 cup of sugar, or sweet as taste demands,
1 tablespoonful of butter,
½ cup of milk,
2 cups of flour,

2 teaspoonfuls of baking powder,
Flavor with vanilla.

Bake in three layers; when cold put together with boiled icing. MRS. A. W. BROCKWAY.

Brownsville, Tenn.

CHOCOLATE CAKE (No. 2).

¾ cup of butter,
2 cups of sugar,
3 cups of flour,
3 even teaspoonfuls of baking powder,
1 scant cup of sweet milk,
4 eggs,
1 teaspoonful of vanilla.

Bake in jelly cake tins and spread with chocolate filling. MRS. HATTIE E. STORY.

Sparta, Tenn.

RIBBON CAKE.

First part—½ cup of butter,
1½ cups of sugar,
½ cup of sweet milk,
2 cups of flour,
1 teaspoonful of baking powder,
Whites of 4 eggs.

Divide in halves and color one-half with fruit coloring; leave the other white.

Second part—½ cup of butter,
1 cup of sugar,
½ cup of sweet milk,
1½ cups of flour,
1 teaspoonful of baking powder,
Yolks of 4 eggs.

Divide, and color one-half with baker's chocolate; leave the other yellow. Bake in layers. Use any filling you desire.

Watermelon Cake.

White—1 cup of butter,
2 cups of sifted powdered sugar,
1 cup of sweet milk,
3½ cups of flour sifted several times with
2 teaspoonfuls of baking powder,
Whites of 8 eggs well beaten.

Red—½ cup of butter,
1 cup of sifted red sugar,
½ cup of sweet milk,
2 cups of flour sifted with
1 heaping teaspoonful of baking powder,
Whites of 4 eggs well beaten,
1 cup of seeded raisins.

If you cannot get red sugar, color the batter with fruit coloring. Be careful in putting it into the pan to keep the *red* batter around the tube of the pan and the white batter all around the outside of red, so as to resemble watermelon when cut.

Marble Cake.

Light part—Whites of 4 eggs,
1 cup of butter,
1 cup of sugar,
½ cup of sweet milk,
3 cups of flour,
1 teaspoonful of baking powder.

Dark part—Yolks of 4 eggs,
½ cup of molasses,
1 cup of brown sugar,
½ cup of butter,
½ cup of sweet milk,

5 cups of flour,
2 teaspoonfuls of baking powder.

Have the pan well greased and put in 1 spoonful of white and 1 spoonful of dark. The next layer alternate.

MRS. ELLEN HARRILL.

Langston, Tenn.

ORANGE CAKE.

2 cups of sugar,
¾ cup of butter (scant),
Yolks of 4 eggs,
Whites of 4 eggs,
3 cups of flour,
2 teaspoonfuls of baking powder,
1 large orange, juice and grated rind.

Then put juice and grated rind of 1 orange into plain white icing for it.

MRS. FLORRIE DODD.

Nashville, Tenn.

LEMON CAKE (No. 1).

2 cups of sugar,
½ cup of butter,
Yolks of 6 eggs, 1 whole egg,
4 cups of flour sifted several times,
½ teaspoonful of soda dissolved in
½ cup of sweet milk,
Juice of 1 lemon.

Cream the butter and sugar, add the beaten yolks and the flour, beating hard for several minutes, add the milk and soda, lastly the lemon juice; beat it well and bake.

Lemon Cake (No. 2).

1 cup of butter,
3 cups of sugar,
5 eggs beaten separately,
4 cups of flour,
3 teaspoonfuls of baking powder,
Juice and rind of 1 lemon added last.

Henderson, Tenn. Mrs. Robert Purdy.

Fruit Cake (No. 1).

1 pound of butter,
1 pound of sugar,
1 pound of flour,
2 tablespoonfuls of baking powder,
12 eggs,
Nutmeg, cinnamon, and allspice to taste,
2 pounds of seeded raisins,
2 pounds of washed dried currants,
1 pound of citron cut fine,
1 cup of cherry preserves,
2½ cents' worth of candied orange peel,
2½ cents' worth of candied lemon peel,
¼ pound of shelled almonds.

Reserve a little of the flour to dredge the fruit with before adding it to the batter.

Fruit Cake (No. 2).

1 pound of butter,
1 pound of sugar,
1 pound of flour,
12 eggs well beaten,

1 tablespoonful of cinnamon,
1 teaspoonful of cloves,
2 teaspoonfuls of nutmeg,
3 teaspoonfuls of baking powder,
2 pounds of seeded raisins,
2 pounds of citron cut fine,
2 pounds of currants,
¼ pound of almonds blanched and cut fine,
½ cup of cherry preserves or jelly.

Have the fruit ready before making the batter, dredge it with flour, then mix well, and bake slowly four hours. You can use half the amount of fruit, and leave out the spices for plain fruit cake.

Fruit Cake (No. 3).

¾ pound of butter,
1 pound of sugar,
¾ pound of flour,
¼ pound of browned flour,
10 eggs well beaten,
¼ cup of molasses,
2 tablespoonfuls of cinnamon,
1 tablespoonful of cloves,
2 nutmegs grated,
1 teaspoonful of cream of tartar and
½ teaspoonful of soda dissolved in
¼ cup of sweet milk,
2 pounds of seeded raisins,
1 pound of citron cut fine,
½ pound of currants.

Clifton, Tenn. Mrs. K. L. Cooke.

White Fruit Cake.

Add to *white* cake batter 1 pound each of seeded raisins, figs, blanched almonds, citron chopped fine, and 1 cup of grated cocoanut. Sift a little flour over the fruit before stirring it in. Bake as loaf or layer cake with icing filling. Leave out the raisins and figs if you wish it entirely white.

Apple Fruit Cake.

To 1 cup of stewed dried apples well mashed, add 2 cups of sugar, ¾ cup of creamed butter, 3 well beaten eggs, ½ cup of sweet milk, 3 cups of flour sifted with 2 teaspoonfuls of baking powder, ½ cup each of seeded raisins, currants, and minced citron, 1 tablespoonful of mixed ground spices.

Spice Cake (No. 1).

1½ cups of butter,
3 cups of sugar,
1½ cups of buttermilk,
6 cups of flour,
6 eggs well beaten,
1½ teaspoonfuls of soda,
½ teaspoonful of cloves,
1½ teaspoonfuls of cinnamon,
1½ teaspoonfuls of nutmeg,
½ teaspoonful of spice.

Nashville, Tenn. Mrs. Alex M. Ralston.

Spice Cake (No. 2).

1 cup of butter,
2 cups of brown sugar,

1 cup of molasses,
1 cup of buttermilk,
1 teaspoonful of soda,
5 cups of flour,
Yolks of 7 eggs,
1 whole egg.

Cream the butter and sugar, add well-beaten eggs, beat it to a light batter, add the molasses, milk, soda, and flour, and beat in 1 teaspoonful of ground cloves, 2 teaspoonfuls each of ginger and cinnamon, 1 grated nutmeg, a small pinch of Cayenne pepper. Bake in a moderate oven.

Spanish Bunn Cake.

1 cup of butter,
2 cups of sugar,
6 eggs beaten separately,
1 cup of sweet milk,
4 cups of flour sifted with
2 teaspoonfuls of baking powder,
1 tablespoonful of cloves,
1 tablespoonful of allspice,
1 tablespoonful of nutmeg.

Livingston, Tenn. Mrs. Martha Goodpasture.

Nut Cake (No. 1).

1 cup of butter,
2 cups of sugar,
¼ cup of sweet milk,
3 cups of flour,
2 teaspoonfuls of baking powder,
Whites of 6 eggs well beaten,
1 cup of hickory nut kernels.

Chestnut Bluff, Tenn. Mrs. J. B. Parker.

Nut Cake (No. 2).

1 cup of sugar,
½ cup of butter,
½ cup of milk,
2 cups of pastry flour,
2 eggs,
1 cup of chopped raisins,
1 cup of chopped English walnuts,
1 teaspoonful of cream of tartar,
½ teaspoonful of soda.

Beat the butter to a cream, add the sugar gradually; when light add the eggs well beaten, then the milk, and flour in which the soda and cream of tartar have been sifted; mix quickly, add the raisins and nuts. Bake in deep sheets. If baking powder is preferred instead of cream of tartar and soda, use 1½ teaspoonfuls.

Miss Viola McDonald.

Nettle Carrier, Tenn.

Nut Cake (No. 3).

2 cups of sugar,
½ cup of creamed butter,
4 eggs beaten very light,
1 cup of sweet milk,
3 cups of flour sifted with
2 teaspoonfuls of baking powder,
1 cup of hickory nut kernels floured a little.

Beat well together, flavor with vanilla, bake as loaf or layer cake or in muffin rings as desired.

Nashville, Tenn, Irma Huggins.

Jam Cake (No. 1).

¾ cup of butter,
1 cup of sugar,
½ cup of sweet milk,
3 cups of flour,
3 eggs well beaten,
2 teaspoonfuls of baking powder,
1 cup of blackberry jam,
1 cup of citron cut fine,
1 tablespoonful of mixed spices.

Jam Cake (No. 2).

2 cups of sugar,
½ cup of butter,
½ cup of milk,
4 cups of flour,
2 cups of jam,
6 eggs,
1 teaspoonful of soda,
1 tablespoonful of cinnamon, allspice, and nutmeg.

Nettle Carrier, Tenn. Miss Viola McDonald.

Angel Food (No. 1).

11 whites of eggs well beaten,
1 goblet of flour sifted five times,
½ goblet of sugar,

1 level teaspoonful of cream of tartar sifted into the flour, then the flour and sugar stirred into the eggs gradually. Flavor with vanilla. Put into a *bright* pan that is *not greased* and bake three-quarters of an hour. Miss Lilly House.

Franklin, Tenn.

Angel Food (No. 2).

Whites of 11 eggs beaten stiff,
1½ tumblers of sugar sifted five times,
1 tumbler of flour sifted five times with
2 teaspoonfuls of cream of tartar.

Gradually mix the sugar and flour with the whites, flavor, and bake. When done turn the tin up and let stand one hour. Mrs. Alex M. Ralston.

Nashville, Tenn.

Improved Angel Cake.

Whites of 9 large, fresh eggs or 10 smaller ones, 1¼ cups of sifted granulated sugar, 1 cup of sifted flour, ½ teaspoonful of cream of tartar, a pinch of salt, added to eggs before beating. After sifting flour four or five times measure and set aside 1 cup; then sift and measure 1¼ cups of granulated sugar, beat whites of eggs about half, add cream of tartar, and beat until very stiff; stir in the sugar, then the flour very lightly. Put in a pan in a moderate oven at once. Will bake in thirty-five or forty minutes.

Mrs. Van Deusen.

Improved Sunshine Cake.

Whites of 7 small, fresh eggs, yolks of 5, 1 cup of granulated sugar, ¾ cup of flour, ½ teaspoonful of cream of tartar, and a pinch of salt. Sift, measure, and set aside flour and sugar as for angel cake. Beat yolks of eggs thoroughly, wash the beater, and beat the whites about half; add cream of tartar and beat until very, *very* stiff. Stir in sugar lightly, then beaten yolks thoroughly, then add the flour. Put into tube pan and into the oven at once. Will bake in thirty-five or forty minutes.

Mrs. Van Deusen.

Improved Sponge Cake.

5 large, fresh eggs,
1½ cups of granulated sugar,
1 cup of flour,
½ teaspoonful of cream of tartar.

Handle precisely as improved sunshine cake. Bake in a moderate oven. Mrs. Van Deusen.

White Sponge Cake.

Whites of 10 eggs,
1½ cups of sugar,
1 cup of flour,
1 teaspoonful of baking powder.

Whip the whites very stiff, sift the sugar into the whites gently, sift the flour and baking powder together, and sift in the same as you did sugar. Do not stir as much as you do other cake. Flavor, cover it with thick paper, and bake it in a quick oven. Mrs. Byrd Murray.

Nashville, Tenn.

Velvet Sponge Cake (No. 1).

2 cups of sugar,
6 eggs, leaving out 3 whites,
1 cup of boiling water,
2½ cups of flour,
1 tablespoonful of baking powder.

Add the sugar to the yolks, beat fifteen minutes, add the beaten whites and the cup of boiling water just before the flour. Icing made of the whites of 3 eggs and 6 dessert-spoonfuls of sugar to each egg.

Franklin, Tenn. Mrs. George W. Smithson.

Velvet Sponge Cake (No. 2).

2½ cups of flour,
2 cups of sugar,
1 cup of boiling water,
2 teaspoonfuls of baking powder.
Yellows of 6 eggs,
Whites of 3 eggs.

Break the yolks into the sugar, beat fifteen minutes by *the clock*, pour in gradually the boiling water, beating it all the time. When it cools a little stir in the well-beaten whites, and gradually add the flour sifted with the powder.

Dixon Springs, Tenn. Nannie Alexander Denny.

Sponge Cake (No. 1).

2 cups of sugar,
2 cups of flour,
4 eggs,
2 teaspoonfuls of baking powder,
1 teaspoonful of lemon extract,
¾ cup of boiling water.

Add the water last. The cake may seem too thin, but will come all right from the oven.

Waverly, Tenn. Mrs. J. N. Simpson.

Sponge Cake (No. 2).

2 cups of sugar,
1 cup of boiling water,
3 cups of sifted flour,
1 tablespoonful of baking powder,
5 eggs.

Mix very lightly and bake.

Nashville, Tenn. Miss Sallie McClelland.

Two-egg Sponge Cake.

Two eggs beaten separately; add 1 tablespoonful of cold water to yolks before adding 1 scant cupful of sugar; beat well, then add 3 tablespoonfuls of cold water. Mix thoroughly 1 rounding teaspoonful of baking powder into $1\frac{3}{4}$ cups of sifted flour. After stirring in half the flour put in the beaten whites, add the remaining flour and flavoring, and bake in a moderately quick oven.

Mont Eagle, Tenn. Fannie L. Innis.

Sponge Blocks.

5 eggs beaten separately,
2 cups of sugar,
2 cups of flour,
1 cup of boiling water,
1 tablespoonful of baking powder.

Put the baking powder in the last cup of flour; pour the boiling water over the yolks and sugar beaten light; put the well-beaten whites in just before the last cup of flour. Bake in a large pan, cut into small blocks with a heated knife, place each block on a saucer, and ice it.

Nashville, Tenn. Mrs. Bettie Ransom Finch.

Soft Ginger Bread.

1 cup of lard and a little salt well beaten,
1 cup of sugar,
1 cup of molasses with
1 teaspoonful of soda beaten in,
2 eggs well beaten,
1 tablespoonful of ground ginger,
1 teaspoonful of cinnamon,
5 cups of flour (scant).

Mont Eagle, Tenn. Alice L. King.

Soft Ginger Cake.

1 cup of butter,
1 cup of sugar,
1 cup of molasses,
1 cup of buttermilk,
1½ teaspoonfuls of soda dissolved in hot water,
1 tablespoonful of ground ginger,
1 tablespoonful of ground cinnamon,
2 eggs beaten light,
5 cups of flour sifted.

Stir butter, sugar, molasses, and spice well together, set them on the stove and let get slightly warm; add the milk to the warm mixture, then the eggs, the soda, and lastly the flour. Beat it very hard five or ten minutes. Bake in a large, well-greased cake pan with a spout in the center or in small tins.

Ginger Bread.

Of all the birds that fly the air—
Black, or blue, or red—
Of all the cakes my mammy bakes
Give me this ginger bread.

2 cups of molasses,
2 eggs well beaten,
1 level teaspoonful of soda dissolved in
1 cup of buttermilk,
1 cup of melted lard,
4 cups of flour,
1 tablespoonful of ground ginger.

Nashville, Tenn. Mr. William M. Douglass.

Black Mammy's Ginger Cakes.

1 large cup of molasses,
1 large cup of sugar,
1 large cup of buttermilk,
2 large spoons of lard,
1 scant dessert-spoonful of soda,
1 tablespoonful of ginger.

Make almost as stiff with flour as biscuit dough, roll tolerably thin, cut out, and bake quickly.

Nashville, Tenn. — Mrs. H. C. Shapard.

Ginger Snaps (No. 1).

1 cup of brown sugar,
1 cup of molasses,
½ cup of lard and butter melted together,
1 teaspoonful of cinnamon,
½ teaspoonful of cloves,
3 tablespoonfuls of ginger,
1 teaspoonful of soda dissolved in ½ cup of boiling water.

Thicken with flour, roll thin, and bake.

Langston, Tenn. — Mrs. Ellen Harrill.

Ginger Snaps (No. 2).

1 large cup of butter and lard mixed,
1 cup of sugar,
1 cup of molasses,
½ cup of water,
1 tablespoonful of ground ginger,
1 tablespoonful of ground cinnamon,
1 teaspoonful of ground cloves,
1 teaspoonful of soda dissolved in hot water.

Flour enough for a tolerably stiff dough. Roll out much thinner than tea cakes, and bake quickly.

Tea Cakes (No. 1).

1 cup of lard,
3 cups of sugar,
1 cup of sour milk,
3 eggs.
1 teaspoonful of soda.

Flavor with nutmeg or lemon, enough flour to make a tolerable stiff dough. Roll thin, bake in a quick oven. Mrs. H. E. Bevoley.

Russellville, Tenn.

Tea Cakes (No. 2).

The yolks of 3 eggs beaten with 1½ cups of sugar; flavor and pour into this ¾ cup of sweet milk and add beaten whites. Sift 3 pints of flour with 1 tablespoonful of baking powder, chop ¾ cup of butter into the flour, into which pour the custard and make a soft dough. Work it as little as possible, roll thin, and bake quickly. Mrs Alex M. Ralston.

Nashville, Tenn.

Tea Cakes (No. 3).

1 cup of sugar,
½ cup of lard,
1 quart of sifted flour,
3 eggs well beaten,
2 tablespoonfuls of cream or sweet milk,
1 tablespoonful of baking powder.

Beat the sugar and eggs together, mix flour, baking powder, pinch of salt, and the lard; then put in the eggs and milk. Roll thin, sprinkle with sugar, and bake quickly. Mrs. A. P. McFerrin.

Nashville, Tenn.

Tea Cakes (No. 4).

1 cup of butter,
1 cup of sugar,
1 quart of flour sifted with
2 teaspoonfuls of cream of tartar,
2 tablespoonfuls of sweet milk with
1 teaspoonful of soda dissolved in it,
1 teaspoonful of vanilla,
2 eggs beaten separately.

Cream butter, add sugar, then beaten yolks, milk, flour, and lastly beaten whites. Roll out as soft as possible and bake in quick oven.

Nashville, Tenn. Mrs. Shade Murray.

Tea Cakes (No. 5).

1 cup of butter,
2 cups of sugar,
3 eggs well beaten,
½ cup of sweet milk,
2 teaspoonfuls of baking powder,
½ teaspoonful of lemon extract,
½ teaspoonful of grated nutmeg,
Flour enough to make a stiff dough.
Roll it out and cut in shapes and bake.

Mont Eagle, Tenn. Sallie Cross Shelton.

Ammonia Tea Cakes.

Beat 4 eggs (separately or not), stir in 1 pound of sugar, add ½ pound of melted butter or lard, flavor to taste, then add lastly 2 teaspoonfuls of carbonate of ammonia dissolved in ½ cup of milk-warm water; sift 3 pints of flour and pour the mixture into it. If you should wish sugar on top of some of the cakes, divide the dough, roll out, and sift sugar on top; cut out, press lightly on top, and bake quickly in a hot oven. Mrs. J. H. Fullton.

Nashville, Tenn.

Doughnuts (No. 1).

2 cups of sugar,
½ cup of butter,
4 eggs well beaten,
1 cup of buttermilk,
1 teaspoonful of soda dissolved in hot water,
1 teaspoonful of cinnamon.

Flour enough for soft dough; roll thin, cut out with a round cutter. With a thimble cut a hole in the center of each. Fry them in boiling lard and sprinkle with sugar while hot.

Doughnuts (No. 2).

2 cups of sugar,
1 cup of sour milk,
1 teaspoonful of soda,
3 eggs,
Butter size of an egg.

Add flour to make a stiff dough, roll out, and fry in hot lard. A little cinnamon can be added if you wish.

Hattie Cary.

Russellville, Tenn.

Fruit Roll Cookies.

Sift together 3 cups of flour, 2 teaspoonfuls of baking powder, 1 tablespoonful of sugar, and a pinch of salt. Rub into this 2 tablespoonfuls of butter and mix into dough with about 1 cup of sweet milk. Sprinkle the board with flour and roll the dough into a large square ½ inch thick; spread 1 tablespoonful of creamed butter on the dough, then spread with 1 cup of sugar and 1 cup of currants or

seeded raisins chopped fine. Grate a little nutmeg over it all and roll up tight like any fruit roll; cut in slices about ¾ inch thick and lay them apart in well-buttered pans. Bake in a quick oven ten or twelve minutes. These are nice for tea or luncheon.

Nondescripts.

Yolks of 4 eggs beaten light, 1 teaspoonful of salt, flour enough to make a stiff dough; beat the dough well, roll as thin as paper, cut out with a biscuit cutter, fold twice, and cut with a knife into narrow strips only united at the point. Fry in plenty of boiling lard and sprinkle pulverized sugar thickly over them as soon as taken out of the lard.

Nashville, Tenn. Mrs. J. H. Enloe.

Roll Jelly Cake.

3 eggs beaten separately,
1 cup of sugar,
2 tablespoonfuls of sweet milk,
1 cup of flour sifted with
1 teaspoonful of baking powder.

Beat the yolks light, add the sugar and milk, beat well together. Beat the whites to a stiff froth, then thoroughly with the yolks and sugar; then stir in quickly the flour with the baking powder sifted in it. Flavor with lemon and bake immediately in a thin layer in a large biscuit pan in a moderately hot oven. Turn it out on a damp cloth, spread jelly over the cake, and roll it up quickly while hot. Sprinkle powdered sugar over it while warm. Serve in slices cut crosswise. It is better to make two rolls than to double the receipt for a large roll.

Chess Cakes (No. 1).

¼ pound of butter,
½ pound of sugar,
Yolks of 8 eggs,
1 tablespoonful of flour,
¾ teaspoonful of baking powder dissolved in
1 tablespoonful of cream,
Flavor with nutmeg.

Beat till very light; bake in pastry.

Nashville, Tenn. Mrs. W. R. Bryan.

Chess Cakes (No. 2).

1 cup of butter,
2½ cups of sugar,
Yolks of 12 eggs,
White of 1 egg,
1 cup of sweet milk,
1 tablespoonful of cornstarch or flour,
1 teaspoonful of baking powder.

Mix well, flavor with lemon, add a pinch of salt, and bake it on open crust.

Chess Cakes (No. 3).

Yolks of 5 eggs,
2 cups of sugar,
2 tablespoonfuls of meal,
1 large spoonful of butter,
1 cup of sweet milk,
Nutmeg or vanilla.

Pour it into crusts and bake; then beat the whites to a stiff froth with 2 spoonfuls of white sugar, put it over the custards, and put back to brown.

Nashville, Tenn. Mrs. Florrie Dodd.

Chess Cakes (No. 4).

1 cup of butter,
3 cups of sugar,
6 eggs well beaten.

Put sugar and butter on and let come to a boil, boiling five minutes. Stir slowly into eggs, well-beaten yolks and whites together; beat well together, flavor to taste, and pour in rich patties and bake. Excellent. Mrs. A. P. McFerrin.

Nashville, Tenn.

Chess Cakes (No. 5).

Eight eggs, leaving out the whites of 4 for *meringue*. Beat the eggs thoroughly, add 1 cup of sugar and 1 tablespoonful of flour. Heat 1½ cups of water to boiling point, add ½ cup of butter; when melted stir rapidly into eggs and sugar. Bake on pastry. Whip the whites of eggs stiff, add 1 cup of sugar, and spread on top of cakes; brown slowly.

Nashville, Tenn. Mrs. J. L. Kirby.

Almond Macaroons.

One-half pound of almonds blanched and pounded with 1 teaspoonful of lemon extract till a smooth paste; add an equal quantity of powdered sugar and the beaten whites of 2 eggs, working it well together with a spoon. Dip your hands in cold water and work the mixture into balls size of a nutmeg, lay them on buttered white paper or tins, dip your hands in cold water, and smooth them over the top. Set them in a cool oven three-quarters of an hour. Cocoanut macaroons are made the same way.

Nashville, Tenn. Mrs. C. H. A. Gerding.

ICINGS AND FILLINGS.

THE eggs should be cold and also the dish on which they are beaten. Allow for the white of 1 egg 1 cup (not heaped) of powdered sugar. A little lemon juice or tartaric acid added to icing while being beaten makes it white and more frothy. Flavorings most used are vanilla, lemon, chocolate, almond, rose, and orange. Set the cake in a cool oven with the door open to dry or in an open window.

ICING.

Whites of 4 eggs,
4 cups of sifted powdered sugar,
1 teaspoonful of cream of tartar or citric acid.

Break the whites into a broad cold dish, throw a small handful of sugar on them *before* you begin beating; beat it with long, even strokes. In a few minutes add more sugar, and keep adding at intervals until all is used up. *Beat well* until icing is smooth and of fine, firm texture. Juice of 1 lemon may be used instead of cream of tartar or acid, allowing a little more sugar for the additional liquor. Use any flavor desired.

BOILED ICING (No. 1).

1 cup of granulated sugar,
½ teaspoonful of cream of tartar,
½ cup of boiling water.

Boil all of these together until it spins a long thread; beat the white of 1 egg to a stiff froth, then add the sirup, beating it all the time until cold and thick. Flavor.

MATTIE DUNCAN.

Nashville, Tenn.

Boiled Icing (No. 2).

Boil 1 heaping cup of sugar and ½ cup of water to a thick sirup, pour it, beating constantly, over the stiff-beaten white of 1 egg. If icing is not quite stiff enough, take ¼ teaspoonful of baking powder and beat into it briskly. Ann Eliza Hatcher.

Eagle Creek, Tenn.

Boiled Icing (No. 3).

3 cups of sugar (fine is best),
½ cup of hot water.

Boil *without stirring* it until thick, then pour it over the beaten whites of 3 eggs; add the juice of 1 *small* lemon, beat all together until cool and thick. Can use 1 teaspoonful of cream of tartar instead of the lemon juice. The more you beat icing the whiter it is.

Boiled Icing (No. 4).

2 cups of sugar.
½ teaspoonful of cream of tartar.

Enough water to mix well, then boil until it ropes like candy. Beat the whites of 3 eggs to a stiff froth with 1 cup of sugar, then pour over this the boiling sirup, and after beating well add another cup of dry sugar. Flavor to taste. Use XXXX sugar. Mrs. Len F. Davis.

Nashville, Tenn.

Boiled Icing (No. 5).

2 cups of sugar,
Whites of 2 eggs.

Boil the sugar, adding water enough to dissolve it, until it ropes. Have the eggs well beaten in a deep dish, stir the hot sugar into them, beat until perfectly smooth, and spread it on the cake before it gets cold. Sallie Cross Shelton.

Mont Eagle, Tenn.

Boiled Icing (No 6).

2 cups of sugar,
Whites of 3 eggs.

Dissolve the sugar in a little water and cook to a thick sirup, pour it over the well-beaten whites of eggs, beat it well, and spread it on the cake.

Nashville, Tenn. Mrs. Florrie Dodd.

Icing without Eggs.

For 1 small cake take 1 tablespoonful of water, add 1 cup of XXXX sugar, and beat until smooth and light. Spread on cakes after they are cool and set in a cool place to dry. Two spoonfuls of sugar set in the oven and browned and added to the above will give a chocolate color and impart a fine flavor.

Chestnut Cluff, Tenn. Mrs. J. B. Parker.

Marshmallow Filling.

Mix 3 cups of granulated sugar with 1 cup of water, let boil until it will fall from a spoon like a hair, then beat into it ¼ pound of marsh mallow candy until it is dissolved. Then pour the mixture into the whites of 3 well-beaten eggs, stirring it all the time until cold. Then put between layers, on top, and on sides of cake.

Franklin, Tenn. Mrs. George W. Smithson.

Filling for Ice Cream Cake.

6 cups of white sugar,
2 cups of water.

Cook till candied, then pour it over the whites of 6 eggs beaten to a stiff froth, and beat thoroughly until smooth. Add 2 teaspoonfuls of extract of lemon and 1 teaspoonful of citric acid. Put on cakes at once. Mrs. Byrd Murray.

Nashville, Tenn.

Lemon Cream Filling.

4 lemons (grated rind and juice),
1 pound of sugar,
¼ pound of butter,
6 eggs.

Boil until as thick as honey. Spread between cake when cool. Mrs. Bettie L. Wilson.

Nashville, Tenn.

Ambrosia Filling.

2 lemons grated,
½ pound of sugar,
½ cup of butter,
Yolks of 3 eggs.

Beat all together well, adding the butter last, cook in a *double vessel* until clear like honey. Let cool, and spread on cake. Mrs. Florrie Dodd.

Nashville, Tenn.

Ice Cream Icing.

Whip the whites of 3 eggs, then stir in gradually XXX confectioner's sugar until thick enough to spread with a knife. Just before putting on the cake add 2 scant teaspoonfuls of royal baking powder and flavor with vanilla, nectarine, or orange extract. This is enough for a three-layer cake, also for the outside. Mrs. J. L. Kirby.

Nashville, Tenn.

Caramel Filling (No. 1).

Take 2 cups of sugar, add 1 cup of milk with a pinch of soda in it, lump of butter size of an egg, and let this cook; brown 1 cup of sugar, mix it in, and let cook until done.

Caramel Filling (No. 2).

Three cups of white sugar; take 1 cup of the sugar and brown it in a flat pan, stir it constantly until it melts and browns. Put 2 cups of the sugar in with 1 cup of sweet milk and 1 tablespoonful of butter, let it boil good, then pour in the browned sugar, and stir until done. Beat it until cold enough to spread.

Nashville, Tenn. Mrs. R. T. Morrison.

Caramel Filling (No. 3).

4 cups of sugar,
½ cup of butter,
1 cup of cream,
1 teaspoonful of vanilla,
Little chocolate if desired.

Union City, Tenn. Mrs. William Waterfield.

Caramel Filling (No. 4).

1 pint of rich milk,
2 cups of dark brown sugar,
¾ cup of butter,
½ cup of water.

Boil all together until almost candy when dropped into ice-cold water. When almost done stir in 2 tablespoonfuls of vanilla. Let cool a little before using. Mrs. Annie Jones.

Nashville, Tenn.

Chocolate Filling (No. 1).

1 cup of grated sweet chocolate,
4 cups of sugar,
1¼ cups of butter,
1 cup of cream.

Boil together until it grains, stirring it constantly. Spread on while it is hot, as it cools rapidly.

Dixon Springs, Tenn. Nannie Alexander Denny.

Chocolate Filling (No. 2).

3 cups of sugar,
5 tablespoonfuls of chocolate,
Lump of butter size of a walnut,
1 cup of sweet milk.

Stir it together, put over not too hot fire, boil it about five minutes, add 1 tablespoonful of vanilla; let it partially cool until it begins to thicken; spread between layers. Mrs. Thompson Hill.

Nashville, Tenn.

Chocolate Filling (No. 3).

2 cups of sugar,
1 cup of sweet milk,
¾ cup of butter.

Boil it five minutes; dissolve 1 cup of grated baker's chocolate and add to it, stir it all the time. Let cook until it begins to thicken. Flavor with vanilla, and when cool put it between layers and on top of cake.

Chocolate Filling (No. 4).

1 cup of sugar,
1 cup of sweet milk,
1 cup of grated chocolate,
Yolks of 4 eggs well beaten.

Mix thoroughly, pour into a saucepan, and set it in a vessel of water and boil until thick. When cool add 1 teaspoonful of vanilla extract.

Nashville, Tenn. Mrs. J. L. Kirby.

Frosting.

Boil 1 cup of powdered sugar in 2 tablespoonfuls of water; take from the fire, add white of 1 egg beaten stiff; beat together; add ½ teaspoonful of cream of tartar or a little lemon juice. Flavor to taste. A *small* bit of butter improves it.

Golden Frosting.

Use yolks of eggs instead of the whites, and proceed exactly as for ordinary icing.

Gelatin Icing.

Soak 1 teaspoonful of gelatin in 1 tablespoonful of cold water, dissolve it in 2 tablespoonfuls of hot water; add 1 cup of powdered sugar, stir it until smooth, and spread it before it sets; dry in a cool place.

Cream Filling (No. 1).

Three eggs well beaten, ½ cup of sugar, 1 tablespoonful of cornstarch, 2 cups of milk; cook it in a double vessel until thick; add a pinch of salt and flavoring.

Cream Filling (No. 2).

One cup of rich cream whipped; sweeten, flavor with vanilla; cut cold loaf cake into layers, spread the filling between and on top.

Sour Cream Filling.

Sweeten and flavor to taste 1 cup of thick sour cream, beat it well with an egg beater until it is quite thick, smooth, and light, and spread it between layers of cake. Serve the cake in slices on a plate, using a fork to eat it with. Mrs. J. B. Love.

Nashville, Tenn.

Milk Filling (No. 1).

One cup of sugar, ¼ cup of milk; stir the sugar into the milk over a slow fire till it boils; boil five minutes without stirring it; set it in a pan of cold water, stir it to a cream, and spread on while it will run.

Milk Filling (No. 2).

Whites of 2 eggs beaten with 1 cup of powdered sugar, ¾ cup of milk, ½ cup of flour; stir in it 1 pint of boiling milk and let all boil a few minutes. Flavor.

Cocoanut Filling (No. 1).

Grate 1 cocoanut; take ¾ of it, add beaten whites of 3 eggs, 1 cup of powdered sugar, and spread it between layers. Mix with the other ¼ of the cocoanut 3 tablespoonfuls of powdered sugar and strew it thickly on top of the cake.

Cocoanut Filling (No. 2).

Cover the layers with boiled icing and sprinkle heavily with grated cocoanut.

Cocoanut Filling (No. 3).

One cup of powdered sugar, yolk of 1 egg, juice of 1 lemon, ½ of a grated cocoanut, and a little milk; cook till thick, put it between layers, and frost with 3 tablespoonfuls of sugar, white of 1 egg, and the other ½ cocoanut.

Orange Filling.

Remove the peel and seed of 2 large oranges, chop them fine, add ½ of a lemon, 1 cup of powdered sugar, well-beaten white of 1 egg, and spread it between the layers of white cake.

Orange Icing.

Whites of 3 eggs well beaten, 2 cups of powdered sugar, juice and pulp of 2 sour oranges.

Lemon Icing.

Juice of 2 lemons, whites of 2 eggs beaten with 1 cup of powdered sugar; spread between layers.

Lemon Jelly Filling.

Juice of 1 lemon, 1 cup of sugar, 1 egg, beat thoroughly, and cook it in a double vessel till thick; spread it when cold and frost with powdered sugar.

Banana Filling.

Make icing of whites of 2 eggs, 1½ cups of powdered sugar, spread this on layers, cover it thickly with sliced or chopped bananas, and squeeze a little lemon juice over it. Simply frost the top.

Apple Filling.

Grate 3 tart apples, add 1 cup of sugar, 1 egg beaten, juice of 1 lemon; mix it together, boil five minutes, stirring it all the time. Let cool before using.

Fig Filling.

One pound of figs chopped fine put in a stewpan on the stove, add 1 cup of water, ½ cup of sugar, and let cook till soft and smooth. When cold spread between layers.

Fruit Filling.

Four tablespoonfuls each of *finely* chopped citron and seeded raisins, ½ cup of blanched almonds chopped fine, ¼ pound of finely chopped figs. Beat whites of 3 eggs stiff, add ½ cup of sugar; mix thoroughly into this all the chopped ingredients.

Tutti Frutti Icing.

Mix with boiled icing 1 pound each of chopped blanched almonds, citron, seeded raisins, candied cherries and candied pineapple.

Nut Frosting.

Yolks of 2 eggs,
Sugar to thicken.

Two handfuls of nuts browned and chopped, stir part of these into frosting, sprinkle the rest over the top of cake after frosted. Mrs. J. M. Hudson.

Nashville, Tenn.

Nut Filling.

Boil 1 cup of frosting sugar in 2 teaspoonfuls of water, take it from the fire, add the white of 1 egg beaten stiff, beat together, and add any kind of nuts desired, either chopped or otherwise.

Almond Filling.

Whites of 3 eggs beaten with 3 cups of powdered sugar; 1 pound of blanched almonds pounded in a mortar with a little sugar until a fine paste; add the whites of eggs and sugar, flavor with vanilla. You can get the almond paste ready made at a confectioner's. Grated cocoanut added to this makes a nice filling.

Mixed Filling (No. 1).

One cup of powdered sugar, $\frac{1}{4}$ cup of hot water, let simmer, add white of 1 egg beaten; when cold add $\frac{1}{2}$ cup of chopped seeded raisins, $\frac{1}{2}$ cup of chopped hickorynuts, walnuts, or almonds, $\frac{1}{2}$ cup of grated cocoanut, and 1 tablespoonful of melted chocolate.

Mixed Filling (No. 2).

Drain 1 can of grated pineapple in a fine sieve, blanch and chop fine 1 pound of almonds. Make an icing and spread on each layer of cake, then sprinkle with grated cocoanut and a layer of pineapple and almonds; continue until cake is finished.

Nashville, Tenn. Mrs. Maggie Gooch.

DESSERTS.

CUSTARDS or milk should always be cooked in a double vessel. If you have no double vessel, set vessel containing the material to be cooked in a larger vessel containing hot water. Let milk almost come to a boil before adding eggs or thickening, then *stir* it *briskly* all the time until well cooked. Do not allow it to *boil*, or it will curdle. Custards are lighter if eggs are beaten separately, whites stirred in at the last. The lighter the eggs are beaten the thicker and lighter the custard.

To Whip Cream.

If cream is too rich, it will turn to butter; it should be diluted with milk. Too poor cream will not whip well either. Have the cream *ice cold.* While whipping it stand the bowl in a pan of ice water, skim off the froth as it rises. Get a cream whip made for the purpose or use an egg beater.

Cream for Fruit.

Heat 2 cups of sweet milk to boiling; beat together whites of 2 eggs, 1 tablespoonful of white sugar, and a piece of butter size of a nutmeg, add ½ cup of cold milk and 1 teaspoonful of cornstarch, stir them well together, and add it to the boiling milk; cook until it thickens. Set it aside to cool. It should be of the consistency of fresh cream; if it is too thick when it gets cold, beat in a little milk. A fine substitute for pure cream to be eaten on fresh fruit.

Boiled Custard (No. 1).

2 quarts of sweet milk,
Yolks of 8 eggs well beaten,
1 tablespoonful of cornstarch.

Put the milk in a double vessel on the stove, let it get hot, but not boil; dissolve the cornstarch in a little cold milk and stir it into the hot milk, add a pinch of salt, and sweeten it to taste. Stir into the hot milk gradually the well-beaten yolks, stir it all the time until it thickens, flavor to taste, and then pour it into a dish to get cold. Beat the whites of eggs until as stiff as can be beaten, pour over them boiling water to cook them, and put in custard glasses a layer of custard and whites alternately. If you like, grate a little nutmeg over the top of each layer.

Boiled Custard (No. 2).

To 1 gallon of milk add 16 eggs, whites and yellows beaten separately, 1 tablespoonful of sugar to an egg. Mrs. J. W. Johnson.
Clifton, Tenn.

Baked Custard.

To 1 quart of new milk add 6 eggs well beaten, 6 tablespoonfuls of sugar, a pinch of salt, and flavor with nutmeg. Fill baking cups with the mixture and set them in a pan of hot water and place in a hot oven. As soon as you can plunge a silver spoon handle into the custard without custard clinging to it take out, as they will turn to whey if baked longer. Serve cold. Mrs. J. H. Fullton.
Nashville, Tenn.

Snow Custard.

Soak ½ box of gelatin in 2 cups of cold water one hour, then add to this 2 cups of boiling water; stir it until the gelatin is thoroughly dissolved. Add 2 cups of sugar and juice of 3 lemons. Let the gelatin get cold, beat whites of 3 eggs to a stiff froth, whip the whites into the gelatin a little at a time; whip it steadily until all is stiff and pour it into cups which have been wet with cold water; set them in a cold place to congeal. Turn them into a glass dish and serve with cooked custard made of the yolks of eggs, 2 cups of sweet milk, sweetened and flavored to taste.

Charlotte.

Let 1 gallon of cream come to boiling heat, dissolve ½ box of gelatin; beat 8 eggs, yolks and whites separately, and stir into the cream, whipping all the time; add the gelatin, sweeten and flavor to taste. Mrs. Robert Purdy.

Henderson, Tenn.

Charlotte Russe (No. 1).

One quart of whipped cream, whites of 6 eggs well whipped, 6 tablespoonfuls of sugar, a pinch of gelatin dissolved. Flavor with vanilla. This is the best I ever ate. Mrs. W. H. Bumpas.

Nashville, Tenn.

Charlotte Russe (No. 2).

One-half box of Cooper's gelatin soaked in 1 pint of cold water ten minutes; put it over the fire until dissolved. When nearly cold beat it with an egg beater until nearly stiff, then add the beaten whites of 6 eggs, 1 cup of sugar, vanilla to taste, 1 pint of

whipped cream. Have ready 1 pint of whipped cream to put on top. MISS GLASS.

Brownsville, Tenn.

CHARLOTTE RUSSE (No. 3).

1 pint of fresh milk,

¼ box of gelatin dissolved in the milk.

Let come to a boil; have ready the whites of 2 eggs beaten with sugar, and put in the milk, stirring it rapidly until the eggs are cooked. Flavor this custard to taste and let it cool. Whip to a stiff froth 1 quart of rich cream, sweeten, stir in the custard, and let stand until congealed.

Nashville, Tenn. MRS. ALEX M. RALSTON.

CHARLOTTE RUSSE (No. 4).

Take 2 tablespoonfuls of gelatin and soften in cold water sufficient to cover; when well soaked add a little boiling water to dissolve it and 4 heaping teaspoonfuls of granulated sugar; when cool strain slowly into 1 pint of rich cream that has been chilled in ice and whipped to a stiff froth, beating all the time while the gelatin is being put in. Flavor to fancy. MRS. AVA HERSTEIN.

Nashville, Tenn.

CHARLOTTE RUSSE (No. 5).

One quart of rich cream, ¼ box of gelatin, whites of 4 or 5 eggs; dissolve the gelatin in ½ cup of hot water after it has soaked in enough cold water to soften it. Beat the eggs very light, then add 1 cup of sugar, and whip the cream very stiff. Beat the gelatin in the egg and sugar, then into the whipped cream. Flavor with vanilla.

Nashville, Tenn. MRS. JOHNELLA CORBETT.

Blanc-mange.

Heat in a double vessel 1 quart of milk, stir in 4 tablespoonfuls of cornstarch, wet with a little cold water, add a little salt, cook together five minutes. Then add yolks of 3 eggs beaten light with 1 cup of sugar and cook two minutes longer, stirring it all the time. Remove mixture from the fire and beat in the beaten whites while it is boiling hot. Pour it into a mold wet with cold water and set it in a cold place. Serve with cream.

Raspberry Blanc-mange.

Stew nice, fresh raspberries, strain off the juice, sweeten it to taste, place it over the fire, and when it boils stir in cornstarch wet in cold water, allowing 2 tablespoonfuls to each pint of juice. Continue stirring it until sufficiently cooked. Pour into molds wet in cold water and set it away to cool. Serve with cream and sugar. Other fruits can be used instead of raspberries. M. C. Starnes.

Franklin, Tenn.

Spanish Cream.

Four eggs, 1 cup of sugar, 1 quart of milk, ½ box of gelatin dissolved in 1 pint of warm water. Beat yolks of eggs with the sugar, add the milk, and cook like custard. Take off stove and add beaten whites, stir well for a few minutes, add gelatin and 1 teaspoonful of strained lemon juice. Put into well-wet molds and set on ice to harden. Serve with whipped or plain cream.

Russian Cream.

Take 4 eggs, 1 cup of sugar, 1 quart of milk, ½ box of gelatin; dissolve the gelatin in 1 cup of cold water, beat the eggs and sugar together until very light and cook with the milk like custard. Take it from the stove and add the gelatin; stir it rapidly for a few minutes, flavor with vanilla, and pour it into a dish to harden. Serve with cream.

Peach Cream.

Peel and cut into small pieces nice, ripe peaches until you have prepared 1 quart. Beat yolks of 3 eggs with 1 cup of sugar, mix with 2 cups of sweet milk, and put the peaches in the mixture; put in a pudding dish and bake until *almost* firm, then stir into it thoroughly the beaten whites, and bake a light brown. Serve cold. Can use canned peaches.

Chocolate Cream.

1 pint of cream,
1 cup of milk,
1 scant cup of sugar,
½ box of gelatin,
1 square of chocolate.

Soak the gelatin in ½ cup of milk and whip the cream to a stiff froth; grate the chocolate, add 2 tablespoonfuls of hot water, and stir it over a hot fire until smooth and glossy. Have remainder of milk boiling, stir the chocolate into it, add the gelatin, set it in a pan of ice water, beat until it begins to thicken, add the whipped cream, and pour it into molds.

Mrs. T. B. King.

Brownsville, Tenn.

Cream Pie.

Two eggs, 1 cup of sugar, 2 tablespoonfuls of cornstarch. Beat the eggs, sugar, and cornstarch together, boil 1 pint of sweet milk (flavor just as it boils), stir in the mixture, and stir it all the time till it thickens. Before it cools add 1 tablespoonful of butter. Take 3 eggs, 1 cup of sugar, 1½ cups of flour with 1 teaspoonful of baking powder sifted in it, ½ cup of boiling water, stir the eggs and sugar together, add the water and then the flour, bake it in 4 layers, and put it together with the cream. Serve cold with rich, hot sauce. Maggie M. Webber.

Nashville, Tenn.

Transparent Pudding.

Yolks of 10 eggs, whites of 2 eggs, 1 pound of sugar, ½ pound of fresh butter, season with nutmeg or lemon. Make your pastry (you may put a layer of citron, pineapple, or any kind of fruit on it), and pour mixture over it. Bake, and then beat whites of eggs, adding white sugar to stiffen, and pour over, and bake for a few minutes. Mrs. C. W. McG.

Franklin, Tenn.

Bisque Glace.

Three pints of rich cream well sweetened; beat 4 eggs separately, mix them, and stir in the cream. Make a moderately stiff batter of the cream by adding stale sponge cake grated fine or macaroons moistened with cream. Beat until smooth and merely scald it in a porcelain kettle (it must not boil). When cool flavor with lemon or vanilla and freeze stiff. Miss Glass.

Brownsville, Tenn.

Frozen Mous-sé.

Sweeten and flavor to taste 1 quart of rich cream, whip it stiff, pour into oblong tin box greased, pack thoroughly in ice and salt, and let stand one and one-half to two hours before serving. When ready to serve dip the box in boiling water, turn out on a platter, and cut in slices at table. Eat with forks.

Nashville, Tenn. Mrs. R. T. Morrison.

Frozen Pudding.

To 1 pint of milk and 1 quart of cream allow 1 pint of sugar, a scant ½ cup of flour, 2 eggs, 2 tablespoonfuls of gelatin, 1 pound of French candied fruit, 1 tablespoonful of vanilla. Heat the milk to boiling, beat together the eggs, 1 cup of sugar and flour, stir them into the hot milk, and cook a few minutes; then add the gelatin, which has been soaking two hours in cold water, enough to cover it. When the mixture is cool add the flavoring, the rest of the sugar and cream, freeze fifteen minutes, then add the candied fruit, and finish freezing. Take out the beater, pack the pudding down smoothly, and let it set for one hour or more. When ready to serve dip the mold in hot water, turn out the pudding, and serve.

Delicate Dessert.

Scald 1 quart of milk, beat whites of 4 eggs stiff, add 3 tablespoonfuls of sugar, 1 teaspoonful of flavoring, and pour the hot milk over this, beating it all the time; pour it into buttered cups, set it in a pan of boiling water, and bake until firm in a moderate heat. Place in cellar or on ice until ready to serve; turn out on plates to serve. Mrs. J. M. Hudson.

Nashville, Tenn

Cherry Delight.

Seed cherries, sweeten, and let simmer until juice is thick. Pour 1 quart of milk over a loaf of grated bread, add yolks of 3 eggs well beaten, a little flour, a large lump of butter, and mix it with cherries; put it into a buttered pan and steam or bake. Make *meringue* of whites of the eggs and a little sugar for the top, brown lightly; serve with or without sauce, as you like.

Ambrosia.

Slice oranges or pineapple, or half and half of each, in a glass bowl; sprinkle with powdered sugar, add a layer of grated cocoanut, and so on in alternate layers until the bowl is full, having a layer of grated cocoanut and sugar on top. Serve with cake.

Gelatin Jelly.

Soak 1 large box of Cox's gelatin in 1 pint of cold water until it is soft; add 3 pints of boiling water gradually, stirring it well until the gelatin is dissolved, add juice of from 7 to 9 lemons, and sugar enough to make very sweet, also a pinch of salt. Strain it through a thick cloth or flannel bag and put it on ice or in a cold place to congeal. Serve with cream. You can add to this jelly any kind of fruits desired; grated pineapple, minced oranges, or peaches are nice. Or you can color it with fruit coloring and fix it in many fancy ways.

Tutti Frutti Jelly.

Soak $\frac{1}{2}$ box of gelatin in $\frac{1}{2}$ pint of cold water, dissolve with 1 pint of boiling water, add juice of 3 lemons and 2 cups of sugar, strain it, and add a tiny bit of salt. When beginning to stiffen put in a glass

dish a layer of jelly, then a layer of sliced bananas, layer of jelly, a layer of sliced oranges, layer of jelly, a layer of grated cocoanut, and finish with a layer of jelly. Serve with whipped or plain cream.

Orange Jelly.

1 box of Nelson's gelatin,
1¼ pounds of sugar,
5 lemons (juice only),
1 pint of orange juice,
2 quarts of filtered water,
Whites of 3 eggs, shells thrown in.

Dissolve the gelatin in 1 pint of the water, cold, soaking it twenty minutes or more; boil the other 3 pints of water, add the sugar, lemon juice, whites of eggs beaten stiff, and shells. Put the mixture on the stove and boil it well, take it off and add the orange juice, and strain through a *flannel bag*. Set it on ice or in a cool place to congeal. Make the day before using, unless in very cold weather, and it has time to congeal. Serve with cream.

Apricot Jelly.

Drain the sirup from 1 can of California apricots; soak ½ box of gelatin in ½ pint of cold water ten minutes; juice of 1 lemon and grated yellow rind boiled in ½ cup of water, pour this boiling hot over the gelatin, stirring it all the time until dissolved; add the sirup and 2 cups of sugar, let stand a few minutes, and pour over the fruit. This is a pretty dish when the fruit is firm and in clean-cut halves.

Nashville, Tenn. Mrs. Hattie Matthews.

Fruit Salad.

Slice 6 oranges, 6 bananas, and 1 can of pineapple with 1 can of white cherries, alternate layers sprinkled with powdered sugar; squeeze juice of 3 more oranges, and over all put white and rose gelatin in small squares. Mrs. A. W. Brockway.
Brownsville, Tenn.

Fruit Sponge.

Make a sirup by boiling 1 cup of sugar in 1 cup of water until clear; in this sirup cook until perfectly soft 1 quart of fresh or canned peaches or apricots or the same quantity of highly flavored, tart apples sliced, but not peeled. While the fruit is boiling soak 1 ounce of gelatin in enough cold water to cover it; into this squeeze the juice of 2 lemons, put it into the hot fruit, and stir it well until it is fully dissolved. Press the fruit through a sieve or colander that is not too coarse and beat it well with an egg whip. When cold, before it has stiffened, stir in the whites of 3 eggs beaten stiff, pour into a wet mold or into small molds, and set it on ice or in a cold place to harden. Serve with cream, or make a custard sauce of the yolks of the eggs and serve with the sponge after it has been turned out upon the serving dish.

Prune Shape.

1 pound of prunes,
1 ounce of gelatin,
1 cup of sugar,
3 cups of water.

Stew the prunes in 2 cups of water until tender, stone them, melt the gelatin in the other cup of

water, add it to the prunes, and let simmer a short time. Put it in a mold and when cold serve with cream. MRS. PHILIP HILL.

Nashville, Tenn.

APPLE SNOW.

Stew some nice tart apples until soft, strain them through a fine wire sieve, and sweeten to taste; break into 3 cups of strained apples the whites of 2 eggs, whip them together briskly till quite stiff, and serve cold with cream.

JELLIED APPLES.

Butter a quart pudding dish and fill it with layers of *thinly* sliced *tart* apples; sprinkle every two layers with 1 tablespoonful of sugar and every two or three layers with a *little* ground cinnamon or other flavoring. At the last pour over the whole 1 cup of cold water and cover it closely with a buttered plate that fits into the dish and presses upon the fruit. Set the pudding dish in a pan of hot water in the oven and cook slowly three or four hours. When cold it can be turned from the dish in a jellied mass. Serve in slices with whipped cream or cold custard and sweet crackers, cookies, or any kind of cake.

STEWED APPLES.

Peel and core nice apples, put them into a saucepan, add 1 cup of sugar to 1 dozen apples and enough water to cover them; put in to cook with them a few whole cloves and some sticks of cinnamon. Boil slowly until apples are tender, lift them out carefully, and boil the sirup until thick, adding a little lemon juice if liked; strain it and pour it over the fruit. Serve cold.

Stewed Pears.

Peel and cut out the cores with a small-bladed knife, leaving stem on them; then prepare them just as stewed apples are prepared.

Baked Quinces.

Take ripe quinces, peel and quarter them, cut out the seeds, stew them in clear water until tender, and put them into a baking dish with ½ cup of sugar to every 8 quinces; pour over them the water they were stewed in, cover closely, and bake one hour. Take out the quinces, boil the sirup until thick, and pour it over the quinces. Serve cold.

Fruit Cups.

2 well-beaten eggs,
2 cups of sweet milk,
A little salt,
2½ cups of flour sifted with
2 teaspoonfuls of baking powder,
1 tablespoonful of melted butter.

Make into a batter; grease baking cups, fill them half full with alternate layers of the batter and apples (or peaches, or other fruits) chopped fine; sprinkle with sugar. Set the cups in a pan half filled with boiling water, and bake. Serve hot with cream and sugar or sauce. You can chop the fruit fine and beat it in the batter if you prefer it to the layers.

Cranberry Puffs.

2 well-beaten eggs,
1 pint of flour with
2 teaspoonfuls of baking powder sifted in it,
½ teaspoonful of salt,
1 level tablespoonful of lard or butter.

Use enough sweet milk to make a batter a little

thicker than for cakes; pick and wash 1 pint of cranberries and stir them in the batter. Grease 6 baking cups thoroughly with butter, fill them half full of the batter, set them in a steamer closely covered, and let steam one hour. Serve warm with rich sauce. MRS. J. C. MORRISON.

Nashville, Tenn.

RAISIN OR CURRANT PUFFS.

½ cup of butter,
1 cup of sugar,
2 eggs well beaten,
1 cup of sweet milk,
2 cups of flour sifted with
2 teaspoonfuls of baking powder,
1 cup of raisins seeded and chopped, or
1 cup of currants washed and dried.

Mix well and steam in greased baking cups one hour. Serve with sauce.

SALTED ALMONDS (No. 1).

Blanch ½ pound of almonds by pouring boiling water over them; let remain in water until cool and the skins will readily slip off. Dry them in a cloth, put with them 1 tablespoonful of melted butter and 1 teaspoonful of salt, stir them till well mixed, spread them in a baking pan, and bake fifteen minutes or until a delicate brown; stir them often. Place them in small, fancy dishes on the table at beginning of dinner. Salted peanuts are also good.

SALTED ALMONDS (No. 2).

Place blanched almonds in a corn popper and shake it rapidly over the hot stove or fire until the almonds are roasted evenly to a *light brown*. Dissolve some gum arabic, pour it over the almonds, stir them until they are well coated, sprinkle them with fine salt, and spread them on a pan to dry.

ICES.

GENUINE ice cream is made with pure cream, but for family use there are other ices just as good, if *not* quite so rich as when made of pure cream. Use a "Lightning" or some other good patented freezer with crank and a revolving dasher. In freezing use *finely* cracked ice and plenty of salt. Pack the freezer with alternate layers of ice and salt until the tub is filled, being careful not to get salt *inside* of the freezer. Turn the freezer rapidly. Should the ice melt very fast, you may have to turn off the water and pack it again with ice and salt. Turn it until the mixture is frozen too hard to turn it with the dasher in; remove the dasher, close the freezer *tightly*, putting a cork or paper in the hole made by removing the dasher; pack with ice and salt, cover all with a carpet or blanket, and set it aside until ready for use.

Pure Ice Cream.

2 quarts of cream,
1 pound of sugar.

Beat them together, flavor to taste, and freeze.

Vanilla Ice Cream (No. 1).

1 quart of milk,
1 quart of cream,
¼ box of gelatin,
Whites of 3 eggs.

Dissolve the gelatin in some of the milk, whip the

cream, beat the whites of eggs, stir all together, sweeten and flavor with vanilla, and freeze quickly.

Vanilla Ice Cream (No. 2).

Allow to 2 quarts of rich cream 1 pint of milk with 1 pound of sugar and 1 teaspoonful of vanilla.

Vanilla Ice Cream (No. 3).

1 quart of cream,
1 dozen macaroons,
½ teaspoonful of vanilla.

Sweeten the cream to taste, dry the macaroons, powder and sift them, add them to the cream, then add the vanilla, and freeze.

Custard Ice Cream (No. 1)

Sweeten 2 quarts of milk, put it into a double vessel over the fire, and let it get hot; then stir in 1 tablespoonful of cornstarch mixed smooth with a little cold milk. Let it cook until it thickens, stir in gradually 6 eggs which have been well beaten, let cook two or three minutes, stirring it all the time, let it get cold, flavor, and freeze it.

Custard Ice Cream (No. 2).

1 quart of sweet milk,
2 cups of sugar,
3 eggs well beaten,
2 teaspoonfuls of cornstarch.

When this is done and cool add 1 quart of rich cream, flavor to taste, and freeze.

Mont Eagle, Tenn. Sallie Cross Shelton.

Chocolate Ice Cream.

1 quart of milk,
2 cups of sugar,
2 eggs well beaten,
5 tablespoonfuls of grated chocolate.

Heat the milk, add the sugar, stir in slowly the well-beaten eggs and the chocolate, melted in a little milk. Cook until it thickens, stirring it constantly. Let it cool, flavor with vanilla, and freeze.

Peach Ice Cream.

1 quart of cream,
1 quart of milk,
1 pound of sugar,
1 quart of strained peach pulp.

If peaches are acid, it will require more sugar. Cut up fine 2 or 3 peaches and add them just before freezing is completed.

Fruit Ice Cream.

To 1 pint of fruit juice allow 1 pint of cream, sweetened to taste. Have good, ripe fruit, sweeten it, chop and mash it, and strain it through a fine sieve or coarse cloth; beat the cream and fruit together, put the mixture in the freezer, and freeze it. You can use rich milk instead of cream by adding 1 tablespoonful of gelatin dissolved in water.

Pineapple Ice Cream.

1 quart of cream,
1 pint of milk,
1 pound of sugar,
1 can of grated pineapple.

Heat the milk to boiling point, stir in the sugar, and

set it aside to cool. When the milk is cold add 1 pint of the cream and the pineapple, and freeze. When half frozen add the remainder of the cream, well whipped, and finish freezing. If you do not like the grated pineapple frozen in the cream, after you add it to the cooked milk strain it through a cloth, squeeze it well to get all flavor of pineapple, and then proceed as directed.

Berry Ice Cream.

1 pint of cream,
1 quart of milk,
1 pound of sugar,
1 quart of berries,
1 tablespoonful of gelatin,
White of 1 egg.

Mash the berries with the sugar, soak the gelatin in enough cold water to cover it, dissolve it in 1 cup of hot water; mix together the cream, milk, gelatin, and berries, strain it, and when ready to freeze add the beaten white of egg.

Sherbet (No. 1).

To 1 can of grated pineapple add 1 pint of sugar; let stand until you soak 1 tablespoonful of gelatin two hours in enough cold water to cover it. Dissolve the gelatin in 1 cup of hot water, pour it over the pineapple, add juice of 4 or 5 lemons, 1 pint of sugar, 1 quart of water, 1 quart of milk, beaten whites of 3 eggs, and freeze.

Sherbet (No. 2).

Boil 2 cups of sugar with 1 cup of water until a thick sirup; pour this over the well-beaten whites of 6 eggs, add the juice of 3 lemons and 1 can of pineapple. When ready to freeze add 1 pint of thick cream.

Mrs. Alex M. Ralston.

Nashville, Tenn.

Sherbet (No. 3).

1 dozen lemons,
3 cups of sugar,
1 can of grated pineapple,
Whites of 6 eggs.

Make a lemonade by adding to the lemon juice 3 pints of water and the sugar, then the pineapple. When nearly frozen add the well-beaten whites of the eggs. Sallie Cross Shelton.

Mont Eagle, Tenn.

Apricot Sherbet.

One can of apricots mashed through a colander, 4 pints of water, 2½ pints of sugar, 1 tablespoonful of gelatin. Soak the gelatin half an hour in cold water enough to cover it, and dissolve it with ½ pint of boiling water. As it begins to freeze put in the whites of 3 eggs whipped. Mattie Duncan.

Nashville, Tenn.

Lemon Sherbet (No. 1).

Soak 1 tablespoonful of gelatin in ¼ cup of cold water, pour over it ¾ cup of boiling water, add 3 cups of cold water, juice of 6 lemons, 2 cups of sugar, and stir well. Mrs. Byrd Murray.

Nashville, Tenn.

Lemon Sherbet (No. 2).

Take 1 pint of sugar, 1 quart of water, 1 tablespoonful of gelatin, juice of 5 lemons; soak the gelatin in a little water, boil 1 cup of the water and dissolve the gelatin in it. Mix the sugar, water, gelatin, and lemon juice together and freeze. If you like, you can add 1 cup of cream when it begins to freeze and complete the freezing.

Pineapple Sherbet.

1 can of grated pineapple,
1 pint of sugar,
1 quart of water,
1 tablespoonful of gelatin,
Juice of 4 or 5 lemons.

Soak the gelatin two hours in enough cold water to cover it, then heat 1 pint of water and dissolve the gelatin in it; mix all together, strain, and freeze. Can add 1 pint of milk to this just before freezing if desired. If not sweet enough, add a little more sugar.

Orange Sherbet.

To the juice of 12 oranges and 1 lemon allow 1 quart of water and 1 tablespoonful of gelatin. Soak the gelatin one hour or more in a little cold water, then pour over it 1 cup of boiling water, mix all together, sweeten to taste, strain it, and freeze.

Berry Sherbet.

2 quarts of berries,
1 pint of sugar,
2 pints of water,
1 tablespoonful of gelatin.

Put the gelatin to soak in a little cold water, mash the berries and sugar together, and let them stand two hours. Add 1 pint of the water to the berries, and strain them; heat the other pint of water, and dissolve the gelatin in it. Mix together and freeze. If berries are acid, more sugar may be required; if they are sweet, add juice of 1 lemon.

Strawberry Sherbet.

1 box of strawberries well mashed,
3 cups of sugar,
2 cups of water,
1½ pints of cream,
Juice of 3 lemons.

Mix together the sugar, water, and cream, and start to freeze before adding the strawberries and lemon juice Serve in cut glass dish and stick over the top large or perfect strawberries. Mrs. S. A. C.

Nashville, Tenn.

Lemon Ice.

Juice of 6 lemons, 2 lemons sliced very thin in 1 pound of granulated sugar; let stand one or two hours. Then put in the freezer; after it has been packed in ice and *very cold* add ½ gallon of milk and freeze. Do not let stand in the freezer too long before serving, as it is very acid.

Nashville, Tenn. Mrs. Maggie Gooch.

Strawberry Ice.

2 quarts of berries mashed slightly,
1 quart of water,
1½ pounds of sugar. Freeze.

Nashville, Tenn. Mrs. W. R. Bryan.

Cherry Ice.

2 quarts of cherries,
1 quart of sugar,
1 quart of water,
1 tablespoonful of gelatin.

Put the gelatin to soak in enough cold water to cover it. Seed and mash the cherries; also mash 1 dozen of the kernels to a paste and add to the cherries. Dissolve the gelatin in a little hot water, then mix all together and strain it through a muslin bag and freeze.

DRINKS.

WATER left in the teakettle overnight *must never* be used for breakfast coffee or tea. Water boiled more than once will *ruin* any coffee or tea. Do not boil the water to be used for coffee or tea more than three or four minutes before using.

Substitute for Cream in Coffee.

Beat white of 1 egg, add a small lump of butter, pour the coffee into it gradually, stirring it all the time to prevent curdling. This has the flavor of fresh cream. Or drop a tiny piece of fresh butter into the cup of hot coffee as a substitute for cream.

Boiled Coffee (No. 1).

Use 3 heaped tablespoonfuls of ground coffee, Mocha and Java mixed, white of 1 egg and part of the shell; mix together with enough cold water to moisten it good. Add 1 quart of *boiling* water, as it rises stir it down with a silver spoon, let come to a boil, stir it down, and pour in a little cold water to settle it. Place it on back of stove to keep *hot* (not boil) until ready to serve. Send to the table *hot*, and serve with rich cream and lump sugar. Whip the cream if you desire. You can tie the coffee in a muslin bag, and not have to use the egg.

Boiled Coffee (No. 2).

Use a mixture of Mocha and Java; a granite ware or blue-and-white enamel ware coffee pot. For 8 cups of strong coffee, into 1 cup of ground coffee stir ½ cup of cold water and the white of 1 egg. Scald the coffeepot, pour in 6 cups of boiling water, then stir in the coffee, let boil three or four minutes. Stir down and add 1 cup of cold water and let stand in a hot place ten minutes. Serve hot with the best of cream and sugar. Mrs. J. L. Kirby.

Nashville, Tenn.

Filtered or Drip Coffee.

Use a patented drip coffeepot, allow 1 large tablespoonful of finely ground coffee (Mocha and Java mixed) for each person; to every tablespoonful allow 1 cup of *boiling* water, pouring it on gradually. When filtered, if not as strong as you desire, pour it off and filter again. Place on the back of stove to keep *hot* (not boil) until ready to serve. Serve *hot* with cream and lump sugar.

Good Coffee.

Use only best brands of roasted coffee. To make 1 gallon of coffee use medium-sized cupful of ground coffee, put immediately in pot with white of 1 egg, pour boiling water over it, let come to a boil, but do *not* boil it. Remove from fire and let settle.

Chable, Tenn. Rose Salome.

Tea.

Scald the teapot well, put in the tea, allowing 1 teaspoonful of tea for each person or 1 cup of boiling water. Pour on enough boiling water to cover it well and let it stand ten minutes. Keep lid of the

pot closed and set it in a warm place, but do not let it boil. Pour in as much boiling water as you will need, pour the tea off into a heated China or silver teapot, and serve hot.

Ice Tea.

Make tea as above, pour it off and let it get perfectly cold. When ready serve in glasses with ice, sugar, and slices of lemon if liked.

Chocolate.

½ cup of grated chocolate,
1 pint of boiling water,
1 pint of sweet milk.

Mix the chocolate smooth with a little cold water and stir it into the boiling water; boil fifteen or twenty minutes. Add the milk and boil ten minutes more, stirring it often. Sweeten to taste. Serve with plain or whipped cream with each cup.

Cocoa.

6 tablespoonfuls of cocoa,
1 pint of boiling water,
1 pint of milk.

Mix the cocoa smooth in a little cold water, boil fifteen minutes, add the milk, and boil five minutes more, stirring it often. Sweeten to taste in cups as it is served.

Lemonade.

The juice of 3 lemons to 1 pint of cold water; sweeten to taste.

Lemon Soda.

Strain juice of 1 lemon, put it in a glass of ice water, sweeten to taste, stir well into it a scant ½ teaspoonful of soda dissolved in a little water; drink it while it is foaming.

Cream Soda.

4 pounds of sugar,
3 pints of water,
3 nutmegs grated,
1 ounce of gum arabic,
1 teaspoonful of oil of lemon or other fruits,
Whites of 10 eggs well beaten.

Place the mixture over a slow fire and stir it well about thirty minutes; take it from the fire, strain and divide it into 2 parts; into one-half put 8 ounces of bicarbonate of soda; into the other half put 6 ounces of tartaric acid. Put each part in a fruit jar to itself, shake them well, and when cold it is ready for use by pouring 3 tablespoonfuls from both parts into separate glasses, each ¼ full of ice water. Stir each and pour them together, and you have a nice glass of cream soda. Keep the creams in a cool place.

Raspberry Vinegar (No. 1).

6 quarts of red raspberries,
1 quart of white wine vinegar.

Pour the vinegar over 3 quarts of the berries and let stand overnight; strain it, add the other 3 quarts of berries, and let stand overnight; strain it, sweeten to taste, boil it fifteen minutes, and bottle hot and air tight. Mrs. J. H. Fullton.

Nashville, Tenn.

Raspberry Vinegar (No. 2).

Fill a stone jar with ripe raspberries, cover them with the purest and strongest vinegar, and let stand a week. Pour the whole through a sieve, crushing

out all the juice of the berries. To each pint of vinegar add 1½ pounds of sugar, boil long enough to dissolve, and remove scum. Take off and cool; bottle and cork tightly. Two tablespoonfuls of this to a tumbler of iced water makes a delicious drink.

Nashville, Tenn. MRS. W. H. BUMPAS.

RASPBERRY SHRUB.

Pick over and wash red raspberries, cover them with vinegar, and let stand overnight; next morning mash and strain the juice from them, add 1 pint of sugar to 1 pint of juice, boil it ten minutes, and bottle while hot, sealing tight. MRS. ROBERT PURDY.

Henderson, Tenn.

STRAWBERRY ACID.

Mash 4 pounds of berries, pour over them 1 quart of water in which is dissolved 2 ounces of citric acid. Let stand twenty-four hours, strain off, boil four minutes. In making use a deep bowl and porcelain kettle. MRS. WILLIAM MORROW.

Nashville, Tenn.

UNFERMENTED WINE (No. 1).

Twenty-five pounds of Concord or any juicy grape. Boil them with only water enough to keep from burning. When they burst open set them off to cool, then press the juice out through a stout jelly bag; add nearly 4 pounds of sugar, let come to a boiling point, skim carefully, and put up air tight. Keep in a cool, dark place. It makes a delightful drink and is useful in sickness, being palatable and nourishing. Other fruit wines can be made the same way.

Unfermented Wine (No. 2).

Select sound ripe fruit, wash it, and boil it with enough water to keep it from burning. Let it boil until it is soft, or breaks to pieces, strain it through a stout bag, squeezing out all the juice. To 1 quart of juice add 1 cup of white sugar, let boil fifteen or twenty minutes, put up hot and air tight. Diluted with water, served with shaved or crushed ice, it makes a delightful summer drink. Can make it of grapes, berries, cherries, or any juicy fruits desired.

Grape Juice.

Cover Concord grapes with cold water, boil until the grapes break to pieces, take from the fire, strain it, add 1 small cup of sugar to 1 quart of juice, and boil fifteen minutes; put up hot and air tight.

Nashville, Tenn. Mrs. J. H. Fullton.

Pineapple Royal.

Cover grated or minced pineapple with pure apple vinegar, let stand two or three days. Mash, and strain it through a bag, squeezing out all the juice, to every 3 cups of juice add 2 cups of white sugar. Boil it all together ten or fifteen minutes, skim it carefully; bottle hot and air tight. A tablespoonful in a glass of ice water is a fine summer drink. Raspberries, blackberries, strawberries, or any kind of highly flavored fruit can be used.

Pineapple Ice.

Put into a pitcher, grated or minced pineapple, sprinkle it heavily with fine white sugar, add juice of 1 lemon, pour over it 2 or 3 cups of hot water.

Cover the pitcher, and let stand until it is cold, stirring it occasionally with a spoon, strain it into another pitcher, and set it in the refrigerator. Add more water, and sugar if desired. Serve in glasses with crushed ice.

Strawberry Ice.

Mash 1 cup of ripe berries, add ½ cup of white sugar, 1 cup of cold water, and juice of 1 lemon. Strain it through a fine sieve, or coarse muslin cloth, add more water and sugar if desired. Serve in glasses with crushed ice. Can make this ice of any kind of berries, and leave out the lemon juice if you like.

CANNED FRUITS.

ALL ripe fruit requires but little cooking, but must be put up boiling hot and air tight. Have your jars hot by rolling them in a pan of hot water; fill each jar to overflowing (for fruit shrinks as it cools), put on the top instantly, screw it tightly, and as the contents cool screw it again. Use glass jars, as you can use them year after year with new rubbers. Keep in a dry, cool, dark place.

Canned Peaches.

Select large white peaches, ripe but not soft; peel, cut in halves, and stone them; drop each piece into cold water as soon as it is pared. Allow 1 heaped tablespoonful of sugar to each quart of fruit, scattering it between the layers; or do not use any sugar, just as you desire. Put 1 cup or more of water in bottom of kettle, put the fruit in, and heat slowly to a boil. See that every piece of fruit is *heated* through. Can *hot*, cover well with the hot juice, and seal.

Canned Pears.

Peel the pears, dropping each as it is peeled into cold water. Make a sirup, allowing 1 pint of water and ¼ pound of sugar to 1 quart of pears. When the sirup has come to a boil put in the pears carefully, boil until they look clear and are tender. Have jars ready rolled in hot water, put in the pears, and fill jars to overflowing with the *boiling hot* sirup, and seal.

Canned Quinces.

Select perfect quinces, pare them carefully, quarter, and remove the cores. Make a thin sirup of 1 pound of sugar to 1½ pints of water, and when boiling put in the quinces and let cook for fifteen minutes. Put into self-sealers while hot, screw on the tops, and set in a cool, dry place.

Eagle Creek, Tenn. Ann Eliza Hatcher.

Canned Apples.

Apples are peeled, quartered, and prepared for canning in the same way as peaches and pears.

Canned Plums.

Prick each plum in several places with a needle, to prevent bursting. Make a sirup, allowing ½ cup of water and ¼ pound of sugar to 3 quarts of fruit; when the sugar is dissolved put in the plums, heat slowly to a boil. Let them boil five minutes slowly. Fill the jars with plums, pour in the boiling hot sirup until jars are filled to overflowing, and seal. Damsons and greengages are nice put up this way for pies or rolls.

Canned Berries.

Allow 1 tablespoonful of sugar to 1 quart of berries, heat slowly to boiling, boil fifteen minutes, can boiling hot, and seal. Blackberries, raspberries, huckleberries, strawberries, and seeded cherries can all be put up in this way.

Canned Fruit Juices.

Select sound, ripe fruit, wash, and stew it in 1 cup of water until it is soft, strain it through a bag, pressing out all the juice. To 1 pint of juice allow 1 cup of sugar; put it in a kettle and heat to boiling point. Put it into small bottles while boiling hot, and seal air tight. It is a fine substitute for wine or brandy in puddings and sauces. Diluted with ice water it makes a nice summer drink.

Canning Fruit.

For blackberries, etc., take good ripe fruit, place it in a large pan or bucket, pour on plenty of cold water, take up by handfuls, select the largest and best, and heap into the glass jars until all are gone over, placing the inferior fruit aside for jam. Have ready a sirup made of 1 cup of sugar to 1 quart of water for each half-gallon can. When cool fill each jar to overflowing, screw on the cap firmly, place all in a deep vessel of cold water, and place over the fire to cook; the water must reach the top of the jars. Boil twenty minutes. Vary the time of cooking according to the kind of fruit.

Cookeville, Tenn. Mrs. George H. Morgan.

PRESERVES AND JELLIES.

FRUIT for preserving should be sound. Use dry white sugar. In the old way of preserving we used pound for pound when kept in stone jars; now most preserves are put up air tight, and less sugar is required, about ¾ pound of sugar to 1 pound of fruit. Boil in granite ware or porcelain-lined vessels. To prevent molding on top cut thin paper to fit, dip it in alcohol, and press it closely on top of preserves or jelly before sealing up. If it should happen to mold then, it can all be lifted off with the paper. Keep all preserves and jellies in a cool, dark place.

To Remove Jelly from Molds.

Set the mold in a pan with enough warm water to come to the top of mold; let stand a few minutes, wipe the mold dry, place over it the dish that you wish the jelly to be turned into; turn both at once and remove the mold gently.

Peach Preserves (No. 1).

Pare and stone the fruit, weigh it, allowing ¾ pound of sugar to 1 pound of fruit and 1 cup of water. Put the sugar and water over the fire after it is dissolved; when it is boiling hot put in the peaches and let them boil gently until they are clear. When they are done take up each half with a spoon and spread them on a dish to cool. When all have been cooked in the sirup boil the sirup until thick,

put the peaches in again, and let them get hot. Put up air tight in fruit jars. Or you can prepare the peaches and let stand overnight in the sugar (weigh the peaches and sugar) and place in layers in a large vessel; in the morning cook as directed.

Peach Preserves (No. 2).

To 9 pounds of fruit allow 6 pounds of sugar. Put the fruit in a porcelain or stone vessel, in layers with the sugar, and let stand overnight. In the morning add 1 cup of water, boil all together slowly until the sirup is thick. Put up in air-tight jars. Pears can be made up in the same way.

Chestnut Bluff, Tenn. Mrs. Eugenie Carter.

Preserves.

Pears, quinces, apples, and apricots are all preserved in the same way that peaches are preserved.

Plum Preserves.

Weigh the fruit and scald it in boiling water to make the skins come off easily. If you do not want them peeled, prick the fruit in several places with a needle. Let them stand in a bowl one hour after they are peeled, drain off the juice, and lay the plums in the kettle alternately with layers of sugar, allowing $\frac{3}{4}$ pound of sugar to 1 pound of fruit. Pour the juice over it and let heat slowly to a boil. Take out the plums with a perforated strainer, draining them well, and spread them on a large dish in the sun. Boil the sirup until it is thick, skim it well, return the plums to this, and boil fifteen minutes. Put up hot and air tight. Greengages, damsons, and other plums are all preserved in this way.

Quince Preserves.

Pare, core, and quarter perfect quinces. Make a sirup of ¾ pound of sugar to 1 pound of quinces and 1 cup of water; boil and skim, add the quinces, and let cook slowly until clear. Put up in glass jars air tight and set in a cool, dry place.

Eagle Creek, Tenn. Ann Eliza Hatcher.

Apple Preserves.

Peel and core the apples; take 2 gallons of water with a piece of lime the size of a walnut, put the apples in the water, and let stand overnight. Take the apples out and let them soak 6 hours in clear water. Make a strong ginger tea and boil the apples in it until tender; take them out, and with the same tea make the sirup, allowing ¾ pound of sugar to 1 pound of apples. Cook the apples in the sirup until they are clear. Mrs. Thompson Anderson.

Nashville, Tenn.

Apple Butter.

Boil down a kettleful of sweet cider to two-thirds the original quantity. Peel, core, and slice tart, juicy apples and put as many in the cider as it will cover; boil slowly, stirring it often with a paddle. When apples are done and breaking to pieces take them out with a perforated skimmer, draining well against the sides of the kettle. Put in more apples, as many as the cider will hold, and stew soft. Take from the fire, pour all together in a large crock, and let stand twelve hours. Return to kettle and boil down, stirring all the while until soft and brown in color. Keep in jars in a cool, dry place.

East India Preserves.

8 pounds of pears,
8 pounds of sugar,
4 lemons,
½ pound of crystallized ginger.

Boil the lemons until tender, peel the pears and slice them very thin, weighing them after they are sliced. Put the sugar on the fire with 1 pint of water and let it melt while preparing the pears. When the lemons are tender cut them into small pieces, cut the ginger as you would citron for cake, put all the ingredients together, and let simmer two hours. Put up in tumblers. Mrs. Philip Hill.

Nashville, Tenn.

Cherry Preserves.

Stone the cherries, saving all the juice, weigh the fruit, and allow ¾ pound of sugar to 1 pound of cherries. Put into a preserving kettle a layer of fruit and sugar until all are used up, pour over the juice, and boil slowly until the sirup thickens. Put up hot and air tight.

Strawberry Preserves (No 1).

To 1 pound of berries allow ¾ pound of sugar and place in layers of berries and sugar, using no water. Set the kettle on back of stove until the sugar is dissolved into sirup, and boil fast for twenty-five minutes. Take out the fruit with a perforated skimmer, boil and skim the sirup five minutes longer, put the fruit back into it, and put up in small jars while hot. Keep in a cool, dry place.

Strawberry Preserves (No 2).

Select the very best and to a measure of berries put a measure of sugar. Let it stand one or two hours, then in bright tin pans cook quickly, and you will have a preserve that will delight the eye and taste. Mrs. J. T. Dodd.

Nashville, Tenn.

Watermelon Preserves.

Cut the red meat of a watermelon (not too ripe) into pieces the size desired, remove the seed, saving the juice. Weigh the fruit, allowing ¾ pounds of granulated sugar to each pound of prepared melon. Make a sirup of the sugar and juice of the melon, and when the sirup is about half as thick as desired drop in the prepared melon and finish cooking. Put up air tight in fruit jars. Mrs. C. B. Huggins.

Murfreesboro, Tenn.

Jam.

Weigh the fruit and put it on with a *very little* water in bottom of kettle to start it to cooking without burning. Boil thirty minutes, mashing and stirring it well. Add ¾ pound of sugar to 1 pound of fruit and cook until as thick as desired. Put up air tight in fruit jars.

Blackberry Jam.

To every pound of fruit add ¾ pound of sugar. Boil the berries with a *little* water briskly for half an hour; skim well while boiling. Then add the sugar and boil until the sirup is almost jellied. Can in fruit jars while hot, and it will keep indefinitely.

Chestnut Bluff, Tenn. Mrs. Eugenia Carter.

Apple Jelly.

Select *tart* apples, rusty coats, horse apples, or Siberian crab apples. Wash them thoroughly, cut up, peel, core and all, and place them in a porcelain kettle; cover them with cold water, let boil until fruit is cooked to pieces, take off, and let get cold; strain it into a stone vessel, pressing all juice out through a stout, coarse bag. Let stand all night in a pitcher placed in a refrigerator or a cool place. Next morning pour off 3½ cups of juice at a time and boil it *twenty minutes;* skim while boiling. Measure 3 cups of sugar, put it into a pan in the oven, and heat it, stirring it to prevent browning or burning; heat as hot as you can bear your hand in it. Throw the hot sugar into the boiling juice; do not stir it, but make sure that it is all dissolved; let come to a boil and remove it from the fire. Roll the glasses in hot water and *fill* them with the hot liquid; set them in the sun, and when the jelly is firm cut thin paper to fit, dip it in alcohol and press it closely on top of jelly; cover and keep in a cool, dry place. When not acid enough to jelly, add lemon juice to make it so.

Fruit Jellies.

All fruit jellies are made in the same manner used in making apple jelly.

Orange Marmalade.

Equal weights of oranges and granulated sugar. Quarter and peel the oranges, removing all thick inner skin of peel, then boil the peel in clear water until tender enough to pierce easily with a straw, changing the water once and renewing with hot water; this takes off the rank, bitter taste. Prepare

the pulp by dividing, removing all seeds and white, stringy parts; then cut the pulp very fine. When peel is done drain in a colander and cut in fine shreds with scissors. Place pulp to boil in a little water; after it has boiled a few minutes add sugar and shredded peel, boil twenty minutes longer, stirring it often to prevent burning. Put up in jelly glasses as you do jelly. MRS. J. H. FULLTON.

Nashville, Tenn.

CANDIES.

IN making candy use best granulated sugar. For hard, brittle candies the sirup should *never* be *stirred.* For soft candies the sirup should be removed from fire and when nearly cold stirred to a cream. For hard, brittle candies the sugar can be kept from graining by adding 1 teaspoonful of cream of tartar or vinegar. The foundation of nearly all soft candies is known as "French cream." This is made by removing boiling sirup from fire before it is cooked enough to make hard candy. After you have learned to make good "cream" quite a variety of cream candies can be made with very little trouble. The "cream" can be colored to suit, using any kind of nuts or dry preserved fruits, forming into shapes with the hands or little molds made for that purpose.

French Cream.

Place in a porcelain or granite kettle 6 cups of granulated sugar, 2 cups of water, ¼ teaspoonful of cream of tartar. Boil it rapidly *without stirring it* until when a little is dropped into cold water it can be rolled between the fingers into a soft, creamy ball. Remove from fire and leave in the kettle to cool. If too hard when tested, add a little water, boil again, and test as before. When lukewarm stir or beat it with a large spoon or paddle until it is creamy and begins to harden on top; then knead it

with the hands like bread dough until smooth, and it is done. It may be kept in this condition several days by covering it with a damp napkin, and will be ready for use at any time. Should "cream," by reason of too long cooking, become hard and crusty, it may be reduced to sirup again by adding water and reboiling, testing it as before, greater care being taken to remove it from the fire at the proper time. Practice and patience will make perfect.

Uncooked Cream.

Take whites of 2 or 3 eggs, put them into a bowl with equal quantity of water, stir in confectioner's XXX sugar until the cream is stiff enough to shape with the fingers, flavor to taste, and mold to suit fancy. This cream is for immediate use. If shapes are to be coated, wait several hours after they are formed to coat them.

Chocolate Coating.

Melt 1 cake of baker's chocolate in a pan or dish set in hot water; when melted add a lump each of butter and paraffin size of a hickory nut, a few drops of vanilla, and stir it thoroughly. Take formed creams, one at a time, on the point of a hat pin or fork and dip into or pour the melted chocolate over them with a teaspoon and slip them upon buttered paper. Another way is to place a small quantity of cream (foundation) with equal quantity of grated chocolate in a bowl with a few drops of vanilla, set it in boiling water, when melted dip the creams in, and set them on oiled paper as mentioned.

Cocoanut Creams.

Take grated cocoanut and half as much French cream, work together until well mixed, and flavor with a little vanilla if you like. If too soft to form into balls, work in confectioner's XXX sugar until stiff enough. Dip them into chocolate coating and place on oiled paper.

Fruit and Nut Creams.

Seeded raisins, currants, figs, and citron chopped fine, mixed with French cream while soft or with uncooked cream before sugar is all mixed in. Nuts also may be mixed with this cream. Stir into it chopped almonds, hickory nuts, English walnuts, form into bars, balls, or squares. Several kinds of nuts may be mixed or nuts and fruits and dipped in chocolate coating if desired.

Hard Nut Candy.

Boil together 1 cup of light brown sugar, 1 cup of New Orleans molasses, ½ cup of water, 1 tablespoonful of vinegar, 1 tablespoonful of butter; as soon as the sirup will harden when a little is dropped into cold water add freshly roasted peanuts or any kind of nuts desired with ½ teaspoonful of soda. Pour it into buttered tins and when nearly cold cut into bars.

Cocoanut Candy.

Place in a kettle 2 cups of granulated sugar, ½ cup of water (cocoanut water if you grate the cocoanut yourself), 1 teaspoonful of vinegar, lump of butter size of a hickory nut, heat slowly until the sugar is melted, boil until nearly done, add 2 cups of grated

or sliced cocoanut, boil until brittle when dropped into cold water. Pour on buttered tins and when nearly cold cut into bars.

Sugar Candy.

Place in a kettle 3 cups of granulated sugar, ½ cup of water, ½ cup of vinegar, boil *without stirring* until it will crisp in cold water, then add ½ tablespoonful of butter and ½ teaspoonful of soda dissolved in hot water. Flavor to taste and pour into a buttered dish. When cool enough pull it with buttered tips of fingers. Stretch it the size you wish, place on paper, and break it into sticks with the back of a knife blade.

Molasses Candy (No. 1).

Place in a kettle 1 quart of New Orleans molasses, 1 cup of sugar, ½ cup of vinegar, boil (stir it often) until it hardens when a little is dropped into cold water; then add butter size of an egg, 1 teaspoonful of soda dissolved in hot water, flavor to taste, stir it well, and pour into buttered dishes. When cool enough pull with buttered tips of fingers until it glistens.

Molasses Candy (No. 2).

2 cups of molasses,
1 cup of sugar,
1 tablespoonful of vinegar,
Butter size of a hickory nut.

Boil briskly twenty minutes, stir it often, flavor to taste, pour on a buttered dish, and pull it thoroughly when sufficiently cool. Irma Huggins.

Nashville, Tenn.

Homemade Candy.

The best triple X confectioner's white sugar, white of 1 egg, 2 spoonfuls of sweet cream. Mix with hand till all the sugar is taken up, then shape in different forms, mix some with lemon, vanilla, place in different dishes, roll some in cocoanut for drops. Put some chocolate in a cup and set it in hot water till it is dissolved; shape some in lumps, and dip in chocolate. This is simple and delicious. Make one day, let stand all night, and it is ready.

Mont Eagle, Tenn. Alice L. King.

Cream Caramels.

Place in a saucepan 4 cups of granulated sugar, 3 heaping tablespoonfuls of glucose, and 1 cup of *hot* water; set it where it will soon boil, stir it constantly, and let cook until it will harden when dropped into cold water; then add immediately 1 cup of rich cream and a lump of butter the size of an egg. Let it boil again, stirring it all the time, until it will snap when dropped into cold water; then remove it from the fire, flavor to taste, and pour it into a buttered dish or pan to cool. When it is nearly cold cut it into long strips about an inch wide with a large, sharp knife that has been buttered to keep it from sticking. Remove each strip as it is cut off, and divide it into pieces an inch long, wrapping each piece in paraffin paper. Do not cook the candy directly over the fire; have a lid between the kettle and the fire. If you cook on a gasoline stove, place a piece of sheet iron or an old pie pan under the kettle over the burner, and there will not be so much danger of scorching the candy. It will scorch in a moment or

two after being done if not removed from the fire. You can get the glucose at a confectioner's.

Chocolate Caramels.

Make them just as you do cream caramels, adding ¼ cake of baker's chocolate grated fine when you add the cream and butter. When done remove from the stove, flavor with vanilla, and pour it out to cool. Cut and wrap it as directed for cream caramels.

Cocoanut Caramels.

Cook a mixture as for cream caramels. Just as it is done add 2 cups of grated cocoanut, stir it once, and then pour it out to cool. Or you can pour it out to cool and sprinkle the cocoanut thickly over it. When cold cut and wrap it.

Hickory Nut Caramels.

Cook a mixture as for cream caramels. Just as it is done add 2 cups of finely chopped hickory nut kernels, stir it once, and then pour it out to cool. When cool cut and wrap it.

Butter Scotch (No. 1).

Boil together 1 cup of sugar, 1 cup of molasses, ½ cup of butter, 1 tablespoonful of vinegar, ¼ teaspoonful of soda. Stir it frequently, to prevent burning; as soon as it will snap when dropped into cold water remove it from the fire and flavor to taste. Pour it on a buttered tin in a sheet ¼ inch thick. When nearly cold check it off into squares with a sharp knife, separate the squares when cold, and wrap them in paraffin paper.

Butter Scotch (No. 2).

2 cups of sugar dissolved in water,
4 teaspoonfuls of butter,
3 tablespoonfuls of vinegar.
Boil. Try in cold water.

Langston, Tenn. Mary Harrill.

Marshmallows.

To 2½ pounds of powdered white gum arabic add 1 quart of water; place the vessel containing it in another containing water, set it over fire and stir the mixture until the gum arabic is dissolved. Then add 4½ pounds of sifted powdered sugar and let it dissolve, stirring it all the time until it is thick, then add the whites of 12 eggs beaten stiff, and stir it until it is perfectly white and stiff. Test it, and if the candy does not stick to the hands, it is done. Flavor to taste. Run the candy through a funnel into starch prints (made for the purpose). Sift a little starch over the top and set it away to harden. Keep them in air-tight tin boxes. You can get the gum arabic, starch, and prints ready prepared.

Mint Drops.

2 cups of granulated sugar,
½ cup of water.

Boil until mixture feathers, take from stove, drop 8 drops of oil of peppermint into it, stir until white, and drop on marble or on back of a cold, smooth surface. Alice L. King.

Mont Eagle, Tenn.

Cocoanut Drops.

½ pound of grated cocoanut,
½ pound of sugar sifted,
Whites of 3 eggs.

Beat the eggs stiff, add the sugar, then the cocoanut, and beat all well together. Drop it on buttered paper or tins and bake in a moderate oven.

Crystallized Fruits.

Make a sirup of 1 pound of sugar and 1 pint of water boiled until it will harden when a little is dropped in cold water. Take it from the fire and dip the fruit into the hot sirup, place the fruit on a sieve to drain; this will save a waste of sirup. When cool the sugar will crystallize. You can dip the fruit the second time if you think it needs it. Or beat whites of eggs to a stiff froth and lay the fruit in the beaten egg, with the stems upward. Drain the dish, so the egg can be beaten again and used. Take out the fruits by their stems, dip them in sifted powdered sugar and place them on paraffin paper in a cool place to dry. If you use fruit without stems, handle it with a hat pin in dipping and removing from the sirup.

Peach Leather.

To 1 pound of fruit allow ¼ pound of sugar. Mash the fruit as it cooks, and when it is cooked enough spread it on a flat tin greased with butter and set it in the sun to dry. It can be rolled up in a cloth, and will keep perfectly the year round. Apple or quince leather may be prepared in the same way, adding a little spice or flavoring.

Homemade Maple Sirup.

Make a strong tea of hickory bark by pouring water over it and let stand overnight. Next morning boil until you have a strong tea, then strain through a cloth. To 1 gallon of tea add 8 pounds of brown sugar and cook until it forms a thick sirup. It reduces about one-half. Mrs. J. H. Fullton.

Nashville, Tenn.

DIET FOR THE SICK.

DISHES for invalids should be served in the daintiest and most attractive way. A fastidious convalescent may be deluded into taking more nourishment than he knows of or is willing to take by having the well-beaten yolk of an egg stirred in his morning cup of coffee.

Beef Tea.

Cut into small pieces 1 pound or more of *lean* beef, put it into a glass fruit jar without a drop of water, cover it tightly, and set it in a pot of cold water. Let come to a boil slowly, boil three or four hours, until meat is white and all juice is drawn out. Strain off the juice and season it with salt to suit taste of the patient.

Beefsteak.

Choose the tenderest cuts, and broil it over a hot fire very carefully. Let the steak be rare, salt and pepper it, lay it between two *hot* plates for three or four minutes, and serve it. If the patient is very weak, do not let him swallow anything except the juice, after chewing the meat well. The juice of beef cooked in this way is very strengthening.

Batter Cakes.

Sift together 2 cups of flour, ½ teaspoonful of soda. a little salt, make into a stiff batter with buttermilk, and bake immediately.

Broth.

Boil 1 pound of chicken, mutton, or veal in 3 pints of water 3 hours; strain it, let it get cold, and skim off all fat that rises to the top. When ready for use warm the liquor and put in a little salt. Rice that has been boiled may be added to it.

Gruel.

Take 2 pints of water, put it on the fire in a saucepan; when it boils sprinkle in cornmeal until it looks milky. Let it cook one hour. When it is done it should be as thick as buttermilk. Salt to suit taste of invalid.

Panada.

Split 6 crackers, pile them in a bowl in layers, and sprinkle them with 2 tablespoonfuls of sugar, a pinch of salt, and a little nutmeg; cover with boiling water, put a close top over the bowl, and let stand one hour. Eat from the bowl, with more sugar sprinkled over it if you like. Toast slices of bread nicely and use instead of crackers if desired. Can use sweet milk instead of water to pour over the crackers or bread.

Dry Toast.

Cut off the crust from stale light bread (white or Graham), slice $\frac{1}{2}$ inch thick, and toast quickly. Butter it lightly if the patient can have butter, or spread with butter before toasting and set it in stove to get good hot, and serve.

Milk Toast.

Cut a thin slice of stale bread, toast it nicely, and pour upon it 3 tablespoonfuls of boiling milk or

cream. Use a little butter in the milk if patient is allowed to have it. Also break an egg boiled half done on top of the toast, sprinkle it with a little salt and pepper, and serve hot.

Wafers.

Sift flour and mix it to a stiff dough with sweet milk and a pinch of salt. Roll it out thin and cut it into round cakes; roll these again until very thin. Bake quickly. These are simple, and are nice served with any kind of broth or soup.

Boiled Rice.

Boil ½ cup of rice in enough water to cover it until done, add 1 cup of sweet milk, let simmer, stir it well to keep it from scorching. Stir in a little salt and 1 egg beaten light, sweeten to taste. When done serve warm with cream and nutmeg.

Cup Pudding.

Take 1 tablespoonful of flour, 1 egg well beaten, and mix with cold sweet milk to a batter, add a bit of salt, put it into a buttered cup, and set it in a pan of boiling water, set it in the oven and cook fifteen or twenty minutes. Serve with sauce, fruit, or cream and sugar.

Lime Water.

Pour 2 quarts of hot water over fresh unslacked lime (size of a walnut), stir it till slacked, let stand till clear, and bottle. Often ordered with milk to neutralize acidity of the stomach.

Jelly Water.

1 teaspoonful of jelly,
1 goblet of water,
Beat up well together.

This is a nice drink for a fever patient. Use any kind of jelly, such as currant, cranberry, blackberry, or wild cherry.

Rice Water.

Soak ½ cup of rice in a little warm water one hour or more, then put it in 3 pints of cold water, add a pinch of salt, let boil slowly until the water has reduced one half, or it is a smooth paste. Strain it through a thin coarse muslin cloth, serve it plain, or sweeten it to taste, give a few spoonfuls every hour, or oftener if desired. This is especially good for children.

Slippery Elm Bark Tea.

Break the bark into small pieces, pour boiling water over it, cover it, and let stand until cold. Add lemon juice, sweeten, and take for a cold; or add ice, and take for summer disorders.

Flaxseed Lemonade.

Pour 1 quart of boiling water over 4 tablespoonfuls of whole flaxseed and let steep three hours in a covered pitcher; add juice of 2 lemons, sweeten to taste, and, if too thick, add cold water. Ice, and drink.

Dried Flour.

Tie 1 cup of flour in a stout cloth, put it in cold water, and set it on the stove, let boil five or six hours. Take the ball out of the cloth, and dry it in

the hot sun or a moderate oven with the door open. Grate the quantity desired and mix it with a little cold water, and use it to thicken milk, boil it five minutes, add a little salt. This is especially good for children.

Blackberry Cordial.

Boil ripe berries until they break, strain them in a bag, squeezing out all the juice. To 1 quart of juice allow ½ pound of white sugar and 1 ounce each of ground cinnamon, allspice, cloves, and grated nutmeg; tie the spices in a muslin cloth. Boil juice, sugar, and spices together fifteen or twenty minutes, skimming well. Bottle hot and air tight. Excellent for summer complaint, and can be taken by delicate invalids.

Health Rules and Remedies.

As soon as you are up shake blanket and sheet;
Better be without shoes than to sit with wet feet.
Children, if healthy, are active, not still;
Damp bed and damp clothes will both make you ill.
Eat slowly, and always chew your food well;
Freshen the air in the house where you dwell.
Garments must never be made too tight;
Homes should be healthy, airy, and light.
If you wish to do well, as you do, I've no doubt,
Just open the window before you go out.
Keep the rooms always tidy and clean;
Let dust on the furniture never be seen.
Much illness is caused by the want of fresh air;
Now to open the windows be ever your care.
Old rags and old rubbish should never be kept;
People should see that their floors are well swept.
Quick movements in children are healthy and right;
Remember the young cannot thrive without light.
See that the cistern is full to the brim;
Take care that your dress is all tidy and clean.
Use your nose to find if there be a bad drain;
Very sad are the favors that come in its train.
Walk as much as you can without feeling fatigue;
Xerxes could walk full many a league.
Your health is your wealth which your wisdom must keep;
Zeal will help a good cause, and the good you will reap.

Rules.

Health, like success in life, is to be gained by paying attention to details. It is better to try to keep from catching cold than to be always trying to avoid infection. More can be done to check cholera by keeping houses clean than by using tons of disinfectants. Nature gives health. It is man's perversity in departing from Nature's teaching which leads to disease. Nature intended all to have fresh air, sufficient plain food, pure water, and exercise. Let us accept Nature's bequest, if we prefer health to disease.

Do not sit or sleep in a draught.

Do not cool off too quickly after exercising.

Do not sit in a damp, chilly room without a fire.

Do not go to bed with cold feet.

Do not sit with damp feet.

Do not approach contagious diseases with an empty stomach.

One of the simplest ways of relieving pain is by use of hot water, externally and internally, temperature suiting feelings of patient. The remedy is simple and harmless, and should be more generally used.

There is many a house of grandeur,
With turret, tower, and dome,
That knows not peace or comfort,
And does not prove a home.
I do not ask for splendor
To crown my daily lot,
But this I ask: a kitchen
Where the kettle is always hot.

Dyspepsia.

Drink a cup of hot water before meals.

Tickling in Throat.

Gargle hot salt water.

Pains in Stomach.

Take soda and ginger in hot water.

Bruises.

Bathe with hot water.

Sick Headache.

Take a little soda water; or half the juice of a lemon in a cup of strong black coffee, without sugar.

Sick Stomach.

Take 1 drop of ipecac in a little water.

Night Sweats

Sponge with salt water.

A Cold.

Drink strong, hot lemonade.

Sore Throat.

Gargle with alcohol and glycerin in hot water.

Toothache.

Cotton wet with ammonia and applied to tooth.

Stings of Insects.

Bathe with soda or ammonia.

Burns.

Use white of egg, soda, or sweet oil; or one-third part linseed oil, two-thirds lime water, shake it up well, apply, and wrap burned part in soft linen.

Hoarseness.

Take a few drops of camphor in honey, or a small bit of borax dissolved slowly in the mouth.

Ringworms.

Bathe with a strong solution of borax.

Hiccough.

Eat a lump of sugar dipped in vinegar.

Croup.

Keep a box of powdered alum and twice as much sugar mixed; give it in small doses until relieved.

Sprained Ankle.

Use a plaster made of white of egg and powdered alum.

Flux.

When threatened with it take 1 heaped teaspoonful of Epsom salts with 6 drops of laudanum in one-third glass of water every hour until relieved.

Whooping Cough.

1 ounce of gum arabic,
1 ounce of rock candy,
1 ounce of licorice.

Add 1 quart of boiling water to these and boil down to 1 pint; strain it and add 1 ounce of paregoric and 1 ounce of wine of antimony.

Nashville, Tenn. Mrs. Annie Jones.

Hemorrhages.

For hemorrhages of lungs or stomach take small doses of salt. The patient should be kept as quiet as possible.

Bleeding Cuts.

Use powdered resin, or bind the cut with cobwebs and sugar, pressed on like lint.

Pains in the Side.

Apply a mustard plaster.

Earache.

Use 2 or 3 drops of laudanum and sweet oil, or glycerin and alcohol, equal parts, or mullein oil, heated in a spoon and poured into the ear; stop the ear with cotton.

Dysentery.

Take egg beaten with or without sugar.

Inflammatory Troubles.

Use cranberry poultices.

Ivy Poison.

Bathe in a solution of sulphate of soda, sulphur and cream, or spirits of niter.

Broken Limbs.

Broken limbs should be placed in a natural position and the patient kept quiet until the surgeon arrives.

Fever.

A domestic remedy is a teaspoonful of spirits of niter in a glass of water. Drink a little at a time. It increases action of the kidneys. Bathe the patient frequently in soda water.

Cold Sores.

For cold sores or fever blisters bathe the lips with spirits of niter.

Severed Artery.

Tie a stout cord or handkerchief above it.

In Sewing

Change your position often, and it will rest you.

Antidote for Poison.

Mix 2 teaspoonfuls of mustard in a glass of warm water and drink it immediately.

Before Going to a Dentist.

Do not eat acids, such as pickles, fruits, tomatoes, etc., for several days before having the teeth worked on, and they will not be near so sensitive or painful.

Face Wash.

To cleanse the skin: Beat whites of 3 eggs in a bowl until very stiff; pour slowly into this, beating all the time, 1 tumbler of *best* alcohol, 2 tumblers of cold water, juice of 3 lemons strained, a pinch of pulverized saltpeter; bottle and cork tightly. Shake it well before using; moisten a soft cloth with the mixture, and wipe the face with it.

Nashville, Tenn. Mrs. J. H. Fullton.

Oatmeal Wash for Face.

To soften the skin: Beat in a mortar or a cloth $\frac{1}{2}$ cup of oatmeal; mix with $2\frac{1}{2}$ cups of water and let stand overnight. Next morning pour off the water and coarser meal; the residue is then strained through a coarse muslin and squeezed; add bay rum to make as thick as cream. Alcohol can be used instead of bay rum. Bottle, and apply with a soft cloth. Let dry on the face. Mrs. J. H. Fullton.

Nashville, Tenn.

USEFUL AND SUGGESTIVE.

IT is a good idea to have a deep, suitable vessel (one that can be well covered) for boiling lard for frying purposes, as you can fry *anything* you wish in the same lard by boiling slices of raw Irish potatoes in it to cleanse it: The impurities will rise to the top, and can be skimmed off. Have an open wire basket sieve (made for the purpose) with a handle to it, so that you can place in it the material you wish to fry, and place it in the kettle of boiling lard until done; then you can easily remove all at once. Now and then drain off the lard from sediment in bottom of vessel or strain it; clean the vessel nicely, pour the lard back into it, cover, and set it away until wanted again. I heard a lady say that the potatoes would even remove all taste and odor of fish from the lard.

Soap.

Save *all grease* not used for gravies, such as pot skimmings, fat pieces not wanted, skins of bacon, etc. Boil it in water, set it aside to cool, skim the fat off, and put it away until you have a quantity. Then get either Lewis's or Thompson's Red Seal concentrated lye and make soap without boiling it, according to the directions on the boxes of lye, and you will have nice, firm soap for kitchen and laundry purposes.

Ammonia.

Ammonia can often be used instead of soap, as it cleans everything it touches.

Borax.

A few spoonfuls of solution of borax added to dishwater is much better than soap.

Clean Pans and Kettles.

If you will clean pans and kettles immediately after using them, it will not involve half the labor.

Clean Copper Ware.

Never throw pieces of lemon away; save them to clean copper kettles and stewpans, or use vinegar and salt.

Clean Bottles.

Use hot water and cinders; or shot and water, if the bottles have small mouths.

Remove Stains from Hands.

Wash the hands in borax water, lemon juice, or tartaric acid water.

Remedy Scorched Food.

Put 1 or 2 clean charcoals into it and stir it a few minutes, and it will remove the burnt taste.

Nashville, Tenn. Mrs. J. H. Fullton.

Settle Coffee.

Eggshells will settle coffee as surely as eggs, but will not impart the same flavor.

Remove Tops of Fruit Jars That Cannot be Started by Hand.

Dip a cloth in very hot water, apply it to the outside of cap, and it will cause it to expand. *Never* allow *opened* fruit, meat, or vegetables to stand in *tin cans.*

Remove Odor of Onions from the Hands.

Burn a roll of paper and hold the hands over it in the smoke, or wash the hands in mustard water.

Clean New Kettles.

Fill them with Irish potato peelings and let boil one hour; then wash the kettle with hot water, wipe it dry, and grease it with a little lard. Or boil hay in the kettle.

Clear Mica in Stoves.

Wash it with strong vinegar water, or wet it with vinegar and let it stand awhile, then wash it.

Drive Away Red Ants.

Put a small quantity of green sage in the pantry or sprinkle powdered borax in the corners of the shelves.

Remove Paint from Window Glass.

Wash it with strong, hot vinegar. It will also remove mortar.

Remove Tar.

Rub it with lard and wash with soap and water. Apply to either clothing or hands.

Clean Marble.

Use soda and soap, or ammonia, or unslacked lime and strong lye.

Soften Hard Water.

Use a little borax, a few drops of ammonia, or a pinch of soda.

Disinfectant for Kitchen Sink.

Two tablespoonfuls of soda in a gallon of hot water. Pour it in at night.

Remove Iron Rust.

Lemon juice and salt will remove ordinary iron rust.

Clean Straw Hats.

Wash them well with soap and water with a brush, then rub them with lemon juice until white.

Remove White Spots on Furniture.

Heat a plate and hold it over the white spots on varnished furniture; or apply alcohol with a sponge.

Whiten Stone Hearths or Steps.

Sifted wood ashes wet and rubbed on and allowed to dry.

Improve Soiled Willow Chairs or Baskets.

Give them an application of some of the pretty ready-mixed stains, such as rosewood, and finish with a coat of shellac varnish.

Purify Cistern Water.

Put charcoal in a bag and hang it in the water.

Keep Meat Sweet.

Put a small dish of charcoal in the meat larder.

Clean Knives.

If steel knives, rub them with newly cut Irish potato and salt. It will remove rust.

Clean Rusty Flatirons.

Rub them with beeswax and salt; or grease them with a piece of sperm candle and rub them on paper.

Make Starch.

Use soapy water. It prevents it from sticking.

Hot Air Passages in Stoves.

Hot air passages in stoves or ranges should be kept free from soot, or it will seriously interfere with heating the oven.

Clean Refrigerators.

Wash them with cold water and soda once or twice a week in warm weather.

Clean Chamber Vessels.

Pails and all vessels used in chambers should be rinsed thoroughly in *cold* water; never in hot or warm water.

Freshen Feather Beds and Pillows.

Leave them out in a drenching rain every spring, and then expose them to the sun and air until *perfectly* dry.

Wash Blankets.

Add ½ cup each of ammonia and alcohol mixed to a suds with Castile soap to every 2 gallons of water; sop the blankets up and down in it, rinse them in tepid water, shake them well, and hang them up to dry.

Whiten Garments.

If they have become yellow from lying away, rinse them in water with a little borax in it.

Clean Piano Keys.

Use a soft rag dipped in alcohol.

Remove Egg Stains from Silver.

Rub it with a wet rag and salt.

Clean Windows in Cold Weather.

Use a rag wet with alcohol, as it never freezes.

Drive Vermin Away.

Mix copperas with whitewash on the cellar walls.

Set Color in Wash Goods.

Put 1 tablespoonful of sugar of lead into 1 pailful of water, soak the article in it fifteen or twenty minutes before washing it.

Bedbug Poison.

One ounce of corrosive sublimate, 4 ounces of spirits of turpentine, twelve ounces of alcohol; mix and apply with a brush. Quicksilver beaten with white of an egg and applied with a brush is also a good bedbug poison.

Clean Carpets.

Dust thoroughly, then tack down and scrub over with a scrubbing brush and warm water, to 1 bucketful of which put 1 dessert-spoonful of soda, 1 wineglassful of ammonia, 1 wineglassful of alcohol. Use one-half of the water and keep the other to use as soon as the first becomes too soiled. Wipe it dry with cloths. Mrs. H. E. Jackson.

Nashville, Tenn.

Clean Silver.

Wash it well in strong, warm soapsuds, rinse and wipe it dry with a soft cloth. Then mix hartshorn powder into a thick paste with cold water; spread this over the silver with a soft cloth and let it dry. When dry rub it off clean with a clean soft cloth.

Clean Jewelry.

Rub a little soap on a soft brush and brush the jewelry with a mixture of ammonia and water; rinse it in cold water and dry it in an old handkerchief. Then rub it with chamois skin.

Soften Shoes.

To soften shoes that have been hardened by water rub them with kerosene oil.

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2 cups of sugar equal 1 pound.
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4 cups of sifted flour equal 1 pound.
10 eggs equal 1 pound.
1 pint of granulated sugar equals 1 pound.
1 quart of sifted flour equals 1 pound.
1 pint of finely chopped meat equals 1 pound.
4 tablespoonfuls equal 1 liquid tablespoonful.
4 tablespoonfuls equal ¼ cup or ½ gill.
½ cup equals 1 gill.
2 cups equal 1 pint.
2 pints equal 1 quart.
4 quarts equal 1 gallon.
1 tablespoonful of salt equals 1 ounce.
4 teaspoonfuls of salt equal 1 ounce.
1 tablespoonful of soft butter equals 1 ounce.
2 tablespoonfuls of liquid equal one ounce.
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